SPECIAL EDITION

The pride of North Carolina's electric cooperatives

Volume 37, No. 4, April 2005

Carolina country

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Your Touchstone Energy® Cooperatives

Road trips you'll always remember, but would rather forget—page 21

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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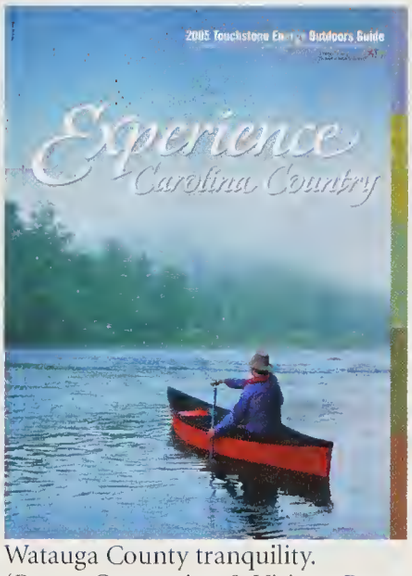

Watauga County tranquility.
(Boone Convention & Visitors Bureau)

EXPERIENCE CAROLINA COUNTRY
2005 TOUCHSTONE ENERGY OUTDOORS GUIDE

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(Charles Register—www.picturesque.com)

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My granddaughter Kaitlyn Swaim visited her Great-Grammy (my mother, Audrey Winebarger) and appreciated her dahlia that had just bloomed.

Karen Parks
Lexington, EnergyUnited

Showing respect

The photo we published in March showing the Greene County Sheriff's Department tradition of stopping traffic and showing respect for funeral processions in the county brought response from people in other counties where the tradition continues. They include Jackie D. Turner Sr.'s McDowell County Sheriff's Department and the Mount Airy Police Department.

Thanks from Hank

Carolina Country's gardening columnist Henry J. "Hank" Smith, who retired this winter from writing his column, sends his gratitude to all the Carolina Country readers who have contacted him. "Several times a week ," says his daughter, "I take him a stack of beautiful cards which include notes of encouragement and thanks for his articles over the years. These cards from your readers have helped him realize what an important role he played in their daily lives."

His address is Henry J. Smith, c/o Sally Coppedge, 105 Warley Circle, Cary, NC 27513.

The angel at the apple tree

During the 1940 flood, my wife was a 7-year-old girl living on a hillside farm in Watauga County with her parents and siblings. Their house was located at the bottom of a hillside with fields in front and back of the house. Above these hillside fields was a wooded mountainside. The chestnut blight had killed all the adult chestnut trees and a lot of them were on the ground.

The heavy rains had washed these logs and other debris down the mountain holler above their house and created a huge dam. When this dam broke loose, the family heard the water roaring down the mountain. My wife said they ran to the porch, and she could remember seeing this wall of water and logs headed for their house.

They had one apple tree at the corner of their house. When it hit the apple tree, the wall of water and logs split into two masses, one mass fell toward their spring house and the other mass brushed past the lower part of their house.

The house was not damaged and no one was hurt. When my wife tells this story and as I heard her parents and older siblings discuss it, I never believed one apple tree could have split this flood. I can and do believe that an angel was stationed there at God's command to save a very poor Depression-era family.

E. Lee Richards
Taylorsville

Baby in a Manger

Jolene Morris Eldorado and Lynda H. Hollars each wrote to us about Lois M. Kelly's picture of a night-blooming cereus ["Plants From Another Planet," March 2005]. They noted another name for the plant: "Baby in a Manger."

"If you can catch it as it blooms," said Ms. Eldorado, "it does look like the manger with baby Jesus in it. It is a lovely bloom, and you can watch it opening up. It does last only one night."

Ms.Hollars said, "They are easy to root. All you have to do is stick a leaf in water."

National award-winning teacher thanks Tri-County EMC

I learned recently that I will be the first national recipient of The AOL@School-NEA Foundation Award for Technology Leadership for 2004-2005. The prize carries a $6,000 cash award, plaque, banner and publicity. Each state submitted one NEA member's name and portfolio for the I Can Learn Teaching Excellence Award. In the meantime, AOL came forward with the sponsorship of this new national award.

I firmly believe that were it not for the Bright Ideas grant opportunities and the support of Tri-County Electric, I would not be receiving this recognition. Let me explain. All of my Bright Ideas grants have been heavily in technology, with integration into science, etc. In my North Carolina portfolio, I speak passionately about the support of Tri-County EMC and specifically about the grants. These grants have taken my students beyond the walls of the classroom into more mobile and global learning adventures.

When I accept the award, I plan to publicly thank Bright Ideas grants for their part in making this memory/honor available to me.

Cathie Hooks
Tommy's Road Elementary School, Goldsboro

Spider Web by Patrick Grizzell Sr.

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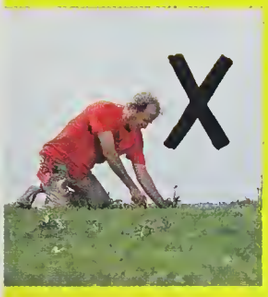

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In PA, Mrs. M.R. Mitter wrote "I've never watered it, only when I put the plugs in...Last summer we had it mowed 2 times...When everybody's lawns here are brown from drought, ours stays as green as ever." *That's how zoysia lawns cut water bills and mowing! Now read on!*

2 ENDS RE-SEEDING NEVER NEEDS REPLACEMENT

Plug in our zoysia grass and you'll never have to spend money on grass seed again! Since you won't be buying seeds, you won't need to dig and rake – then hope the seeds take root before birds eat them or the next hard rain washes them away.

3 NO NEED TO DIG UP OLD GRASS

Plant Amazoy in old lawn, new ground, whatever. Set 1" square plugs into holes in the soil 1 foot apart, checkerboard style. Plugs spread to drive out old, unwanted growth, weeds included. Easy instructions with your order. If you can put a cork into a bottle, you can plug in Amazoy.

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"The hotter it gets, the better it grows!" Plug-in zoysia thrives in blistering heat, yet it won't winter kill to 30° below zero. It just goes off its green color after killing frosts, begins regaining its green color as temps. in the spring are consistently warm. Of course, this varies with climate.

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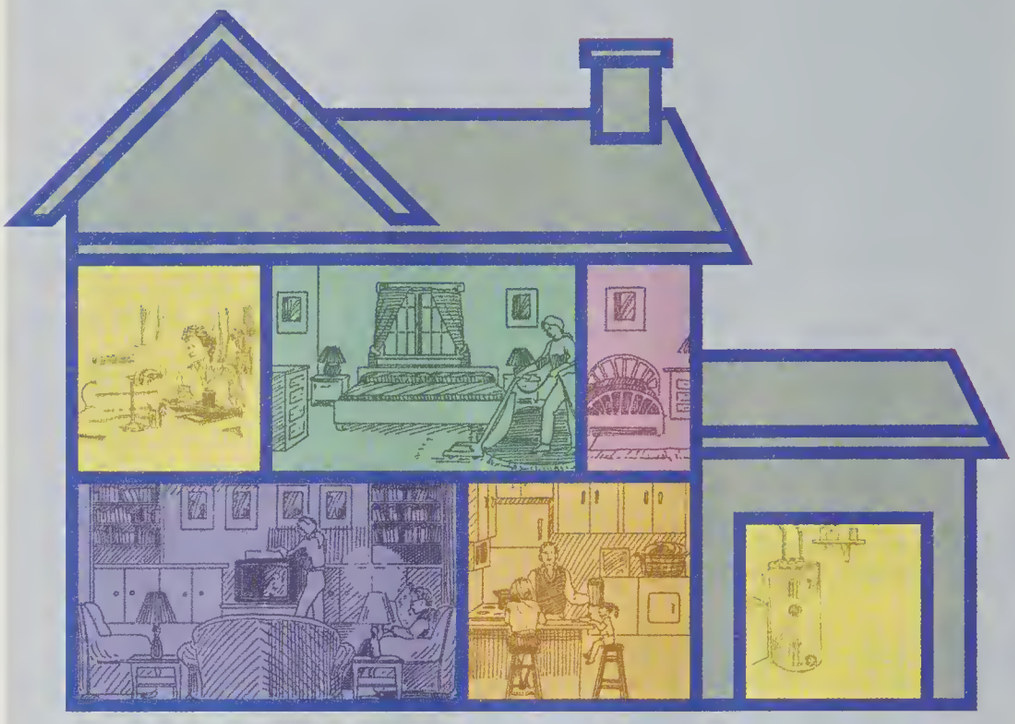
Home Energy Use



Bedroom	Typical Use	$/month*	$/year*
Home Computer w/printer & monitor	4 hrs/day	4.07	48.88
Air Conditioner (window unit)	5 hrs/day/3 mos.	15.56	46.68
Ceiling Fan	6 hrs/day	1.44	17.28
Bathroom			
Blow Dryer	10 min/day	0.71	8.52
Curling Iron	15 min/day	0.28	3.36
ExhaustFan	40 min/day	0.38	4.56
Living Room			
Stereo System	2 hrs/day	0.45	5.40
DVD	30 hrs/mo	0.04	0.48
25" TV	7 hrs/day	2.62	31.44
Kitchen Laundry			
Dishwasher w/hot water	15 times/mo	5.66	67.92
Microwave Oven	15 min/day	0.71	8.52
Oven	30 hrs/mo	9.90	118.80
Toaster Oven	15 min/day	0.81	9.72
ElectricRange (large element)	20 min/day	3.30	39.60
Refrigerator/Freezer	continuous	41.75	501.00
Clothes Dryer	26 loads/mo	7.64	91.68
Washing Machine (warm/cold)	26 loads/mo	7.35	88.20
Iron w/Thermostat	4 hrs/mo	0.37	4.44
Water Heater (52 gal/140°)	continuous	47.14	565.68

** All estimated energy costs calculated at 9.43 cents/ kWh (North Carolina average residential rate among cooperatives)*

Source: 2004 Energy Information Agency

Albemarle EMC replaces "Catfish" Hunter sign

Knocked down by Hurricane Isabel in 2003, the sign near Hertford commemorating local baseball legend, the late Jim "Catfish" Hunter, stands proud again, thanks to Albemarle Electric.

"Jimmy was a native son within the community, and he and his family have done so much for the community," said Edgar Roberson, president of the Ruritans Club. "We just want to make sure these signs are maintained and visible."

Hunter played 14 seasons in the American League. He won five World Series rings and a Cy Young Award, played in eight All-Star games and won 200 games before age 31. He was voted into the Baseball Hall of Fame in 1987. Hunter retired from baseball in 1979. He was diagnosed with ALS (commonly referred to as Lou Gehrig's Disease) in 1998 and passed away on Sept. 9, 1999.

— Chris Powell

Working with the Beech Springs/Bear Swamp Ruritans Club, Albemarle EMC linemen used their climbing skills and a bucket truck to put up two poles and install the sign on property adjacent to U.S. Highway 17. The property is owned by Charles Mathews, an Albemarle EMC director.

Marine Capt. McNamara learns firsthand that co-ops care

Carteret-Craven Electric Cooperative's customer service representative Karen Hughes shows Capt. John McNamara the Carolina Country article about the "postcard" he sent to the co-op's office.

Capt. John McNamara, a Marine from Camp Lejeune and member of Carteret-Craven Electric Cooperative, visited the co-op's Morehead City office this winter during a leave here at home. He was home only six months before he packed his bags and set off to Iraq. It was his fourth deployment overseas since he joined the Marine Corps about six years ago.

Last summer, Capt. McNamara and his unit were working in a remote location outside Kandahar, Afghanistan. One day while riding in a Humvee and reading his forwarded mail, he saw that the electric bill for his place in Emerald Isle was overdue. He realized that his credit card he used for automatic draft payment had expired.

"The bill indicated I had two weeks to respond, and those two weeks were already up," Capt. McNamara said. "So my first instinct was to get the information out that I'm not trying to NOT pay this bill. I grabbed the closest thing, an MRE [Meals Ready to Eat] box, cut it up and sent it out with the next delivery."

When the dog-eared "postcard" arrived at the co-op office, it caught the attention and understanding of one of the cooperative's customer service representatives, Karen Young, who works in the Havelock office. She has had plenty of experience with the special needs of deployed Marines from nearby Marine Corps Air Station Cherry Point. She got to work on Capt. McNamara's problem, and eventually found his father, John Sr., who is a retired Marine and was a co-op member when he was stationed at Cherry Point. Together, they made sure the bill was paid and that future payments were taken care of.

The unusual missive from Capt. McNamara was featured in the August 2004 issue of Carolina Country magazine, and the article got a lot of attention. Moved by the captain's dedication to his service and his concern about his bill, one person sent in a check to help. Others sent him letters and copies of the magazine article.

"I got a ton of letters," the 28-year-old Marine said. "When people are supporting me, they are spreading the word that people do care. It's nice to know the country supports you when you are out there."

— Lisa Taylor-Galizia

Roanoke Electric takes national prize for community work

Roanoke Electric Cooperative in March received one of the highest honors awarded at the national meeting of electric cooperatives. The National Rural Electric Cooperative Association gave one of two Community Service Awards to Roanoke Electric for its role in establishing The Roanoke Center, an economic development center that emphasizes worker training and increasing opportunities for small entrepreneurs. Roanoke Electric Cooperative's non-profit foundation, Roanoke Economic Development, Inc. (REDI), helped launch Roanoke Center in collaboration with civic, academic, business and government officials. The goal is to boost the economy of a five-county region: Northampton, Hertford, Gates, Bertie and Halifax counties.

Roanoke Electric, which serves 13,000 members, refurbished its former administrative building to house the center. The center provides a central location for access to education, government information, technological resources, management services, worker training, and financial resources.

National Rural Electric Cooperative Association CEO Glenn English (left) and President David Cowan of Pennsylvania (center) presented Roanoke Electric Cooperative's Curtis Wynn with the National Community Service Award at the March meeting of the nation's electric cooperatives.

North Carolina members of Congress oppose federal power rate increases

The following North Carolina members of Congress wrote letters of opposition to increases in federal power rates:

Sen. Elizabeth Dole
Sen. Richard Burr
Rep. Walter Jones
Rep. Virginia Foxx
Rep. Howard Coble
Rep. Robin Hayes
Rep. Charles Taylor

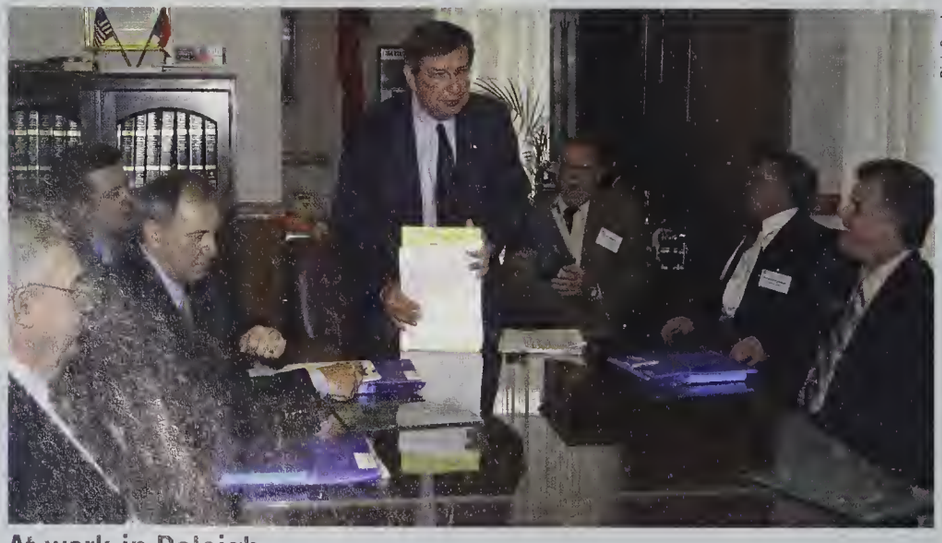
In his fiscal year 2006 budget proposal, President George Bush proposed increasing the wholesale electric rates charged for power produced at federal hydroelectric dams. The change would mean electric rate increases for millions of North Carolinians who receive power through these facilities. Members of North Carolina's Congressional delegation joined the electric cooperatives in opposing this rate increase on the state's consumers.

North Carolina's Sen. Elizabeth Dole and Sen. Richard Burr joined 22 others from across the country in writing their opposition to this proposed rate increase. Also, five of the state's Republican Congressional representatives joined 45 other Republicans in stating their opposition. Thanks to this grassroots effort across the country, the Bush Administration began rethinking its position.

For decades, the federal government has produced electric power at government-owned dams, many built for flood control. The government sells this power to nonprofit power providers such as electric cooperatives and municipally-owned utilities. In North Carolina, the power comes from the Southeastern Power Administration at rates that recover all costs to the federal government. An increase in rates beyond the cost of producing the power would have generated excess funds for the Treasury. Electric cooperative officials have said the proposed rate increase is basically a tax increase on consumers of federal hydropower.

When many of these hydroelectric projects were first built, electric cooperatives agreed to pay higher-than-market costs for power in return for lower costs in the future. Now, as power prices have risen over time, nonprofit electric cooperative consumers enjoy the benefits of relatively low-cost federal hydropower that is part of the power mix for North Carolina's electric cooperatives.

— Andrew Meehan



Rick Crank

At work in Raleigh

N.C. House Speaker Jim Black (standing), Democrat from Mecklenburg County, was among the legislators who met with delegates of North Carolina's electric cooperatives in Raleigh last February. He is shown here with delegations from Union Power Cooperative and Pee Dee Electric.

Four County Electric helps Bladen County schools save energy dollars

Four County Electric Membership Corporation and TSE Services, an energy and marketing services company owned by the North Carolina electric co-ops, are helping Bladen County schools save more than $3 million in energy and operational costs over the next 12 years.

The school system plans to upgrade or replace temperature controls, improve lighting, conserve water, and manage power usage of some 1,700 personal computers, among other measures.

"We helped them understand how a performance contract would help create a better learning environment for students, help the staff reduce maintenance issues, and make the schools more comfortable with improvements to the existing energy consuming systems," said Rick Schroeder, TSE Services accounts manager.

The school system will work with Energy Systems Group, whose contract foresees annual savings of $201,333 in energy expenses and $31,000 in operational costs. An expected $3,373,765 savings over 12 years will pay for the capital improvements installed.

The performance contract was placed out for bid by various vendors and Energy Systems Groups won the county's vote. "Four County EMC helped facilitate the idea, but in the end the school system independently advocated for it," said Jimmy Smith, Four County EMC's director of economic and community development.

— Julie Ledermann

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MCAS Cherry Point 2005 Air Show

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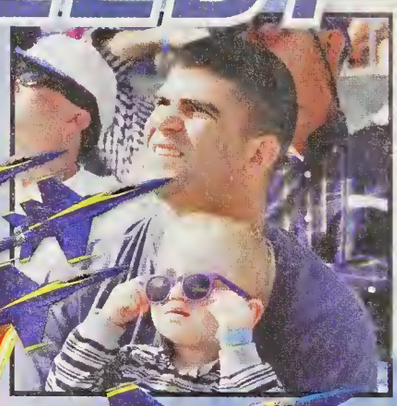

There's nothing faster than the MCAS Cherry Point Air Show! You and your family will be awestruck by the numerous military and aviation demonstrations, flybys and historic static displays as we host eastern NC's largest event May 6-8.

With an unbelievable Friday "Night Show" and two full weekend "Day Shows", the MCAS Cherry Point Air Show is the biggest, baddest, fastest & loudest show you've ever experienced. Highlighted by the US Navy Blue Angels jet performance team, the 82nd Airborne All-American Freefall Team and a host of Marine Corps demonstrations & displays, your sense of patriotism & support for our troops will be at an all time high! Bring the entire family to experience all the supersonic sights & sounds.....

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Mark Brumley

Clay Purvis, Randolph EMC's journeyman/inspector in Robbins, shows off his invention, the Lineman's Cross-Arm Frames. Purvis developed the frames a couple of years ago to give line crews an extra set of hands as they attach hardware to utility pole cross-arms. It recently won first place in the National Rural Electric Cooperative Association and Cooperative Research Network's Line Blazer Contest.

Clay's Cross-arm Frame

One lineman's ingenuity could make the work of linemen across the nation safer and more efficient

By Mark Brumley

"An hour's work and $5 worth of metal."

That's how Clay Purvis summed up his investment in making two metal hangers that are helping Randolph Electric Membership Corp. linemen do their jobs more quickly, safely and easily.

Two years after its conception, Purvis' invention—which he calls Lineman's Cross-Arm Frames—won him first place in the Line Blazer Contest sponsored by the National Rural Electric Cooperative Association (NRECA) and its Cooperative Research Network (CRN). The honor came with a $4,000 prize and a weeklong trip to San Diego, Calif., where Purvis received his award at NRECA's 2005 annual meeting. Purvis took his wife, Laurie, and their 10-year-old twins, Daniel and Haley, and made a family vacation of it.

Purvis' hangers were displayed at the annual meeting's Technology Conference, where cooperatives shop for safety-enhancing and time-saving ideas.

Replacing utility pole cross-arms is something hundreds of linemen across the United States do everyday. The labor-intensive job requires linemen to attach insulators, braces and other hardware to the 8-foot cross-arms, which weigh about 50 pounds. The cross-arms are then hoisted and bolted onto poles.

Usually, crews lay the cross-arms on the ground and work on them there. But that calls for a lot of bending and lifting, and repeatedly drilling through the beams and into the ground dulls bits. Crews sometimes attach the cross-arms directly to a pole propped against the back of a line truck. But that ties up a truck that could be used elsewhere.

Purvis' system gives linemen an extra set of hands to suspend the cross-arms so they can attach the insulators and braces without laying them on the ground or tying up a line truck. He designed the L-frame brackets to slide into the slots on the rear bumper of a foreman's pickup truck. The slots are on either side of the trailer hitch where trailer chains would normally be attached.

"It's worked real good for us," said Purvis, who lives in the High Falls community.

Purvis' invention has the potential to revolutionize the way linemen handle a common job, said Dave Rowe, Randolph Electric's manager of member and public relations. And it's such a simple idea.

"There are probably about 500 guys kicking themselves and asking, 'Why didn't I think of that?'" Rowe said.

The ancient Greek philosopher Plato called necessity the mother of invention, and that was certainly the case with Purvis' invention. Purvis said the he got the idea after a big project a couple of years ago that required crews to move a three-phase line out of some woods to a location closer to a highway. The job involved fitting and hanging a lot of cross-arms on utility poles.

"As we were working, I kept thinking to myself, 'There's got to be an easier way,'" said Purvis, a journeyman/foreman at the time. A 19-year veteran of Randolph Electric who started out as a maintenance helper in the Asheboro shop, Purvis was recently promoted to journeyman/inspector.

Purvis said he was on call one weekend after the relocation project when he took his foreman's truck and a cross-arm home and "started messing around" with his welding tools. About an hour later, he had finished the prototype for the cross-arm frames.

Purvis said he will be happy if his idea makes work a little easier for linemen. Plus, he and his family are getting a trip to California. That means a lot to Purvis, and he's grateful that Randolph Electric is helping pay for his trip.

Not long before he found out he had won first place in the Line Blazer Contest, Purvis said his son told him he wanted to go to Legoland. Purvis said he explained to his son that Legoland was way out in San Diego and they would probably never be able to go.

"We've done got tickets to Legoland," Purvis said, smiling.

Mark Brumley is a freelance writer in Asheboro. He can be reached at mebrumley@yahoo.com

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WAY, WAY BACK

Fossils in North Carolina

Text and photos by Rufus Johnson

When most people in North Carolina think about fossils, they think of far away places such as the great American West or the Gobi Desert in Asia. However fossils and petrified wood are abundant in North Carolina. Fossils are the remains or traces of an animal or plant from a former time. Petrified wood refers to wood that has turned into a stone or mineral form.

Hundreds of fossils species can be found in North Carolina's coastal plain, the eastern third of the state from Interstate 95 to the coast. These fossils range in age from 10,000 years old (Pleistocene Epoch) to more than 600 million years old (Eocambrian Period).

Almost every major river and creek east of Interstate 95 has exposures where fossils can be found. I have personally collected them on the Cape Fear, Chowan, Meherrin, Roanoke and Tar rivers.

A petrified log from Cumberland County. From the Cretaceous period (65 million to 144 million years ago) in the Black Creek formation.

You also can find fossils in gravel and marl pits throughout eastern North Carolina. Pender County has several marl pits that are famous for the fossils. These pits contain many types of shark teeth and echinoids (such as sand dollars and sea urchins) from the Eocene period 38 million to 54 million years ago. Sea shells, nautiloids (shell-bearing sea animals), and fish and whale teeth can also be found here.

The most famous fossil site in North Carolina is a huge marl pit near Aurora in Beaufort County. This pit is famous around the world for the many huge shark teeth that have been found there. Other fossils here include types of sea shells, sand dollars and sea urchins, coral, fish material and large mammal bone such as whale and seal vertebra. There is a museum in Aurora that showcases the fossils from the area.

Edgecombe, Halifax and Northampton counties have sites containing petrified wood, as does Johnston County. A petrified log in a small Cumberland County creek from the Cretaceous Period (98 million to 148 million years ago) weighs hundreds or even thousands of pounds. There is an exposed section about two feet in diameter and several feet long, while the

remainder is embedded in the bank on the side of the creek.

In Chatham County there are several exposures from the Triassic Pekin Formation that are about 210 million years old. This exposure is famous for the finely detailed plant fossils such as ferns and horsetails. The site is also known for fossil fish scales, amphibians, phytosaurs, (fossil crocodile-like reptiles), petrified wood and even a few dinosaur teeth. During the Civil War, coal was mined in this area and used to fire forges to make weapons for the Confederate war effort. The mining activity exposed many of these fossils.

Stanly County has what is probably the oldest fossils in the state. They are from the Eocambrian Period and are more than 600 million years old. Fossils from this site are some of the most ancient large fossils, and they include corals and jellyfish.

Rufus Johnson is a fossil hobbyist and member of Halifax EMC. He can be reached at fossilman@vol.com

Resources

"Fossil Collecting In North Carolina," by J.G. Carter and others, Bulletin 89. Published in 1988 by University of North Carolina, Chapel Hill, and the North Carolina Geological Survey.

"Neogene Fossils of North Carolina" and "Cretaceous and Paleogene Fossils of North Carolina," guidebooks by Richard Chandler and John Timmerman. Published by the North Carolina Fossil Club.

Visit www.geocities.com/fossilking/index.html for good examples of North Carolina fossils. Also, go to your favorite search engine and search for "fossils of the Roanoke Valley."

The North Carolina Museum of Natural Sciences in Raleigh.
(919) 733-7450.
www.naturalsciences.org

The Schiele Museum in Gastonia.
(704) 866-6900.
www.schielemuseum.org

The Aurora Fossil Museum in Aurora.
(252) 322-4238.
www.aurorafossilmuseum.com

1

2

3

4

5

6

1 Tympanic bulla (middle ear bone from whales) found in Halifax County. Pliocene (1.8 million to 5.3 million years ago) in the Yorktown formation.

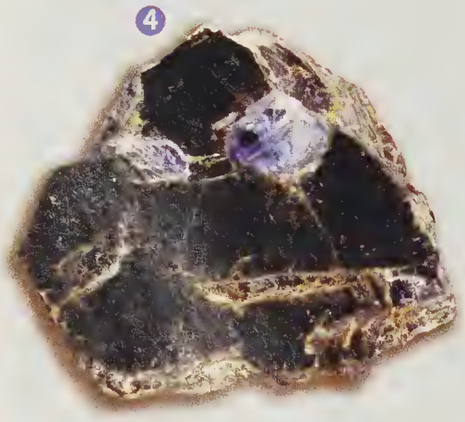
2 Fossil teeth from Halifax County. From top to bottom, bison (buffalo), whale and megalodon. (the ancestor of the modern great white shark). Pliocene (1.8 million to 5.3 million years ago) to Pleistocene (10,000 years ago).

3 Assorted fossil whale and fish vertebra found throughout eastern North Carolina. Age ranges from Eocene (38 million to 54 million years ago) to Pleistocene (10,000 years ago).

4 Fossil mastodon (elephant) ivory from Roanoke Rapids. From the Pleistocene (10,000 years ago).

5 Fossil ferns (octozamites) from the Triassic (206 million to 248 million years ago) in the Pekin formation in Chatham County.

6 Fossil scallop shells from Northampton and Hertford counties. From the Pliocene period (1.8 million to 5.3 million years ago) in the Yorktown formation.



NORTH CAROLINA

Treasures Unearthed

An exhibit in Raleigh showcases the state's rich history in minerals and gems

by Carla Burgess

At first the atmosphere is like a jewelry store. Handsome polished stones keep company with precious metals, all illuminated in elevated glass cases. Spectators mill around respectfully. However, nothing in this room is for sale. Even more significant, nothing is imported. These beauties—emeralds, garnets, rubies, sapphires and other precious stones—are all homegrown. The Museum of Natural Sciences' special exhibit "Treasures Unearthed: North Carolina's Spectacular Gems and Minerals" is the largest-ever display of minerals from the state's incredibly diverse geological landscape—nearly 300 specimens in all.

As with the most coveted jewels, the rarity of this display also makes it special. Ninety percent of the collection is on loan from an anonymous donor through June 12. Not even the collector had seen all his treasures spread out at once.

"Visually, it's all stunning," says Chris Tacker, the museum's curator of geology. "All of this will probably never be displayed again."

There's something for everyone. For those who want eye candy, there's plenty of that—minerals in every conceivable shape and color: chunks of purple amethyst and smoky quartz, a star sapphire, a "flower" of lavender calcite with fat, blossom-like crystals, and the seductive green hues of emeralds, North Carolina's state gem. Serious rock hounds will find some of world's best examples of perfect crystalline structure and textbook mineral form.

The exhibit provides visitors with geological context—many cut and polished stones are displayed next to examples of the

1 Emerald

North Carolina produces more emeralds than any other place in North America. They are found in Alexander, Mitchell and Cleveland counties. The largest emerald ever found in North America was discovered here in 1984 and weighed three-quarters of a pound.

2 Ruby

Most ruby specimens in the U.S. have come from North Carolina. A popular gemstone in jewelry, rubies also were used to make the first lasers.

3 Corundum

Corundum is the second-hardest of all known natural minerals—only diamonds are harder. In the U.S. they have been found primarily in North Carolina and Montana. Color varies. The blue variety is the gemstone sapphire, and the red is ruby.

4 Kyanite

Kyanite is an especially hard mineral found in the U.S. primarily in North Carolina and Georgia. It is used in the manufacture of automotive spark plugs.

minerals as they appear in nature. In a case of emeralds, for example, speckles of the green crystals are visible in a cantaloupe-size chunk of white albite and black tourmaline.

History buffs will enjoy the rich narrative of where, when and how prospectors unearthed these rocks. Stories of the first North American gold rush, which began in Cabarrus County in 1799, accompany the display of a gold nugget from the Reed Mine. In a stream on this former farm, a 12-year-old boy made the first documented discovery of gold in the United States. The display case also holds $1 and $5 gold coins minted in Rutherfordton.

Close by, the sounds of dripping water, muffled explosions and axes striking rock entice visitors into a dark cave that is a replica of the mining tunnels at the Reed Mine. In such tunnels, workers blasted and dug their way underground, following veins of quartz to get to the gold inside. This section of the exhibit also features a collection of mining gear and artifacts, including blasting caps and powder, helmets and lamps.

Other traffic-stopping specimens include blue kyanite. With a spectrum of hues from aquamarine to royal blue, this mineral brought cars on the Blue Ridge Parkway to a standstill when miner Luther Thomas discovered deposits at Balsam Gap. These blue kyanites were unusually large stones of gem quality. Thomas, a mineral prospector with an illustrious career, was born in 1911, the son of a miner in Micaville. He got his start swinging a sledgehammer in a feldspar mine when he was 13.

Cases of hiddenite, an emerald lookalike, illustrate the story of how William Earl Hidden discovered this rare mineral. Thomas Edison sent Hidden to North Carolina to look for platinum for light bulb filaments. Instead Hidden found a rare, semiprecious stone that was ultimately named for him. It is found elsewhere in the world only in India, Siberia and Brazil. Many of Hidden's specimens of this cherished mineral are displayed in the Natural History Museum of Vienna.

Next to the hiddenite case is the real deal, an array of emeralds. North Carolina produces more emeralds than any other place in North America. The largest emerald ever found in North America was discovered here in 1984. The stone weighed a whopping three-quarters of a pound. In North Carolina, these precious gems are found in only Alexander, Mitchell and Cleveland counties. The exhibit features an 858-carat uncut emerald dubbed "Empress Caroline" and an 18-carat polished emerald, "Carolina Queen," in a necklace setting. Both are on loan from a local jeweler.

Rocks from the heavens

Most of the exhibit specimens came from North Carolina ground, but a few are unearthly. Visitors can ogle world-class meteorites recovered from across the state. Two of them, ranging in size from a softball to a bowling ball, have colorful histories. The smaller one struck the earth in 1913 just a few feet from three workers in a Moore County cotton field, sending them running for their lives. Before the dangerously close encounter, the men saw a ball of flame ripping through the sky and heard a fierce rumbling. With no better explanation, they thought "the Almighty" had hurled the rock from the heavens, and one of them reportedly vowed never to "cuss" again.

It was 1934 before a geologist at the Museum of Natural Sciences identified the Moore County projectile as a meteorite that came from 156 million miles away. Later, scientists determined the precise origin of this rare type of meteorite. It was once part of the third largest asteroid in our solar system. The Hubble Space Telescope has taken photographs that show a crater blasted out of the asteroid's side, caused by a collision.

The larger space rock on exhibit is a piece of a meteorite that shook parts of eastern North Carolina on Dec. 1, 1934. Dishes rattled on shelves and windows broke. The atmospheric explosion was felt in a 50-mile radius that included Kinston and Goldsboro. People reportedly fled their homes and offices, fearing an earthquake. A 111-pound fragment of the meteorite was recovered in Pitt County, a half mile west of Farmville. It is 4.54 billion years old and contains small crystal spheres formed during the birth of Earth's solar system.

Though the specimens in the "Treasures Unearthed" gallery are strictly hands-off, an adjacent learning laboratory is a place where junior and senior scientists alike can handle minerals and examine them with magnifiers and microscopes.

"Treasures Unearthed" runs daily through June 12. Admission is $3. Admission to the museum is free. Hours are 9 a.m. to 5 p.m. Monday through Saturday, noon to 5 p.m. Sunday, and 9 a.m. to 9 p.m. the first Friday of each month. For more information, call toll-free (877) 462-8724 or visit the museum's Web page at www.naturalsciences.org.

Carla Burgess of Raleigh is a frequent contributor to Carolina Country.

Did you know?

- North Carolina is the only state in which all four of the major gems—diamonds, emeralds, rubies and sapphires—have been unearthed.
- During World War II, North Carolina mines supplied major quantities of the mineral tungsten for aircraft engines.
- Gold mined in the region supplied a branch of the U.S. Mint that operated in Charlotte from 1837 to 1861. This activity helped the city grow into the hub of banking that it is today.

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Carl Gachet

The Carolina Farm Stewardship Association

Keeping agriculture local and sustainable

By Sidney Cruze

Spring is busy at the Chapel Hill Creamery. By April cheese makers Portia McKnight and Flo Hawley are operating at full production, making 300 pounds of cheese a week, which they sell at farmer's markets in Raleigh, Durham and Carrboro.

Late April is also the time of year when McKnight and Hawley open their dairy and cheese making operation to the public as part of the Carolina Farm Stewardship Association's Piedmont Farm Tour. Visitors who stop at the farm, located in southern Orange County, can see where milk from 16 Jersey cows gets made into eight different cheeses, including fresh mozzarella and feta. They can tour the milking parlor and learn why intensive grazing is good for the land and the cows. Children can watch the calves frolic, and everybody gets a taste of cheese.

Chapel Hill Creamery is just one of 29 Piedmont farms that participate in the tour, and each spring, five other regional tours take place across the state. For farmers like McKnight and Hawley, the tour offers an opportunity to build personal relationships with people who buy their cheese.

"It's a lot of fun," McKnight says. "And it's absolutely good for business. Close to 1,000 people come by, many who have never heard of us before. They taste our cheese and want to buy some."

For the Association, it is one of the best ways to help people understand the value of food that is produced and sold locally.

The Carolina Farm Stewardship Association (CFSA) is the heart of North Carolina's sustainable agriculture movement. The Pittsboro-based nonprofit was formed in 1979 by farmers, gardeners and consumers who wanted to make organic produce more readily available in the Carolinas. Today CFSA boasts more than 800 members from North and South Carolina, many of them also members of rural electric cooperatives. They believe that sustainable agriculture—a farming system that is ecologically sound, economically viable and socially just or equitable—is good for public health, the environment and the local economy. The organization serves both growers and consumers, but its biggest role is helping farmers to market their products. In addition to organizing farm tours, CFSA publishes regional guides to local and organic foods, which people can find at restaurants, farmer's markets and local businesses.

The Association also acts as an information clearinghouse, pulling news from national and statewide sources to provide members with the latest on sustainable agriculture. Those who want to cultivate cover crops, get the status of farm-related legislation, or experiment with different natural fertilizers can attend regional

Above, left: This mixed-breed rooster lives at Hickory Nut Gap Farm-Spring House Meats in Fairview.

Above, top right: A young visitor to Blue Hill Farm in Marshall discovers that eggs don't originate at the grocery store.

Above, bottom right: These heirloom-variety, pasture-raised pigs also come from Hickory Nut Gap Farm.

Chase Hubbard from Warren Wilson College explains a record-keeping system for pasture-raised beef to participants at the 2004 CFSA conference. The system helps to track the cows' health.

Carl Gachet

CFSA-sponsored educational events or turn to "Sustainable News," the organization's bimonthly newsletter, for help.

For Charles and Linda Gupton, owners of Shiloh Farm & Retreat in Vance County, talking to other people was the best way to learn. CFSA offered the Guptons an easy way to meet a network of farmers who could give them encouragement and advice: the Annual Sustainable Agriculture Conference.

"At our first conference we met folks willing to share," Charles says. "We had so much to learn, and they helped us over lots of hurdles, especially in the beginning. It set us in the right direction."

More than 600 people attended the 19th annual CFSA conference held last November in Asheville. Many were farmers who came to exchange ideas. "That keeps us from having to reinvent the wheel," says one.

Tony Krups started attending the conference in 1996. An accountant living in Chatham County, Krups grows his own vegetables and dreams of one day selling his produce. Over the years he has enjoyed learning how to improve his garden and meeting the diversity of people who are interested in local and organic food.

Although once considered an idealistic pursuit, sustainable farming is not just for hippies anymore. It is the nation's fastest growing segment of the agriculture business. CFSA is helping North and South Carolina keep up with the trend. The staff grew from two to seven in the last year, and membership is on the rise.

"Our members are the heart and soul of the organization," says staffer Bill Robertson. "Whether they are farmers looking to improve business, or consumers who care about nutrition and the local economy, our job is to support them."

Carolina Country contributing writer Sidney Cruze lives in Durham and can be reached at sidneywrites@verizon.net

For more information

To learn more about the Carolina Farm Stewardship Association's programs and to get the 2005 Farm Tour Dates, contact them at the address below.

Carolina Farm
Stewardship Association
P.O. Box 448, Pittsboro, NC 27312
Phone: (919) 542-2402
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15 Year Term	20-25	Call for more information		12.34	11.11	14.88	12.91	24.50	20.56
	26			12.34	11.11	14.88	12.91	24.50	20.56
	27			12.34	11.11	14.88	12.91	24.50	20.56
	28			12.34	11.20	14.88	13.13	24.50	21.00
	29			12.34	11.20	14.88	13.13	24.50	21.00
	30			12.34	11.20	14.88	13.13	24.50	21.00
	31			12.34	11.29	14.88	13.13	24.50	21.00
	32			12.34	11.29	14.88	13.13	24.50	21.00
	33			12.43	11.38	14.88	13.34	24.50	21.44
	34			12.43	11.46	14.88	13.34	24.50	21.44
	35			12.43	11.64	14.88	13.56	24.50	21.88
	36			12.78	11.99	15.53	14.22	25.81	23.19
	37			13.21	12.51	16.41	15.31	27.56	25.38
	38			13.56	13.04	17.06	16.41	28.88	27.56
	39			14.09	13.74	17.94	17.50	30.63	29.75
	40			14.61	14.35	19.03	18.81	32.81	32.38
	41			15.66	14.96	20.78	19.91	36.31	34.56
	42			16.98	15.66	22.97	21.22	40.69	37.19
	43			18.11	16.10	25.38	22.09	45.50	38.94
	44			19.51	16.71	27.78	23.41	50.31	41.56
	45			21.18	17.59	30.63	24.94	56.00	44.63
	46			22.49	18.20	33.03	26.03	60.81	46.81
	47			24.33	19.08	36.53	27.56	67.81	49.88
	48			26.16	20.04	39.81	29.31	74.38	53.38
	49			28.18	20.83	43.75	30.84	82.25	56.44
	50			30.36	21.96	47.91	33.03	90.56	60.81
	51			32.64	23.19	51.84	35.22	98.44	65.19
	52			35.35	24.59	56.88	37.84	108.50	70.44

MONTHLY RATES

	Issue Age	$50,000 Male	$50,000 Female	$100,000 Male	$100,000 Female	$250,000 Male	$250,000 Female	$500,000 Male	$500,000 Female
15 Year Term	53	Other amounts also available		38.06	26.16	61.91	40.69	118.56	76.13
	54			40.86	27.65	67.38	43.31	129.50	81.38
	55			44.36	29.58	73.72	46.81	142.19	88.38
	56			50.31	32.73	84.66	51.84	164.06	98.44
	57			56.96	35.96	96.91	57.31	188.56	109.38
	58			64.14	39.64	110.03	63.00	214.81	120.75
	59			71.23	43.31	123.16	69.13	241.06	133.00
	60			80.15	47.86	139.56	76.34	273.88	147.44
10 Year Term	61			53.99	37.36	96.91	60.59	188.56	115.94
	62			59.50	40.69	108.06	66.50	210.88	127.75
	63			65.01	44.01	119.00	72.19	232.75	139.13
	64			70.53	47.34	129.94	78.09	254.63	150.94
	65			77.44	51.63	143.72	85.53	282.19	165.81
	66			85.14	55.30	158.81	91.44	312.38	177.63
	67			95.46	58.98	179.16	99.53	353.06	193.81
	68			105.79	63.79	199.72	107.41	394.19	209.56
	69			116.11	68.43	220.06	115.50	434.88	225.75
	70			128.98	73.85	245.44	125.56	485.63	245.88
	71			147.79	87.59	283.50	152.69	561.75	300.13
	72			172.81	106.14	334.03	188.78	662.81	372.31
	73			197.84	124.69	384.78	224.88	764.31	444.50
	74			222.86	143.15	435.31	261.19	865.38	517.13
	75			254.19	166.25	498.75	306.25	992.25	607.25
	76			282.89	187.25	556.72	347.38	1108.19	689.50
	77			321.21	215.34	634.16	402.06	1263.06	798.88
	78			359.54	243.43	711.38	456.97	1417.50	908.69
	79			397.86	271.60	788.81	511.88	1572.38	1018.50
	80			442.84	301.44	885.72	580.56	1766.19	1155.88

Premiums illustrated represent ages 61-80 for 10 year level term and ages 20-60 for 15 year level term insurance with guaranteed level premiums for 10 and 15 years (not all forms available in all states). $100,000 rates are LTG Ultra-C, (policy form no. LTG-C01 AG Preferred Nontobacco). $250,000 - $500,000 rates are LTG Ultra (policy form no. LTG 2000AG Preferred Nontobacco). It is issued by American General Life Insurance Company, Houston, TX. Medical examination required. Premiums increase at the end of the guaranteed term if policy is renewed. Premiums for other rate classes, age and payment plans are available upon request. Death benefit remains level and is payable in lump sum, or installments, if so elected. The insurance company may contest the policy for two years from date of policy issue for material misstatements or omissions on the application. Death benefit payable from any cause, except suicide within first two policy years. In the event of suicide in the first two years, policy benefit is limited to return of premium paid. NOT AVAILABLE IN ALL STATES. American General Life Insurance Company is a member of the American International Group, Inc. The underwriting risks, financial obligations and support functions associated with the products issued by American General Life Insurance Company are solely its responsibility. American General Life is responsible for its own individual financial condition and contractual obligations.

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AMT. OF INS. DESIRED _____ ❑ TOBACCO ❑ NON-TOBACCO

HOME PHONE ( ) _____ WORK PHONE ( ) _____

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I wish to pay my premiums: ❑ Annually ❑ Semi-Annually ❑ Monthly Bank Draft

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NAME _____

DATE OF BIRTH _____ ❑ MALE ❑ FEMALE

AMT. OF INS. DESIRED _____ ❑ TOBACCO ❑ NON-TOBACCO

Comments: _____

❑ I wish to cover my children

I am also interested in: ❑ 15 year term ❑ 20 year term ❑ 30 year term

MS1-B083-Ultra-C/Ultra LTG 15,10

All the way to you-know-where and back again

Even though you start out with the best intentions and well-laid plans, you someday take a road trip that turns bad. Mine usually have involved vehicles that never made it to our destination: the VW Bus whose engine I lovingly rebuilt in my kitchen threw a rod on the highway headed to Montreal (sold to the mechanic nearest the exit ramp), the two-stroke Saab wagon I rebuilt entirely in Roger Harris' yard fell apart on our way to Paul Gibson's repair shop (never made it out of there), and the old blue Dodge wagon called "Kronkite" made it down the old woods road but couldn't get us out (probably still there).

Here are some of your winning road trip horror stories.

—Michael E.C. Gery

The so-called flat tire

My daddy is 93 and still tells this story. Of course he tells it better than I can.

I was 18 months old, my mother was seven months pregnant, and we were coming home in a white 1954 Ford with a blue roof. We had been on a Christmas visit to the grandparents nearly 500 miles away.

It was raining, and I had been sick. In those days before child safety seats, my mother had me lying down on the front seat with my head in her lap. I had thrown up so many times she finally just laid a towel over her maternity dress for me to lay my face on.

We were already back in our home county, only a few miles from home, when a tire went flat. Daddy got out to change it in the dark while Mama and I stayed in the car. When he got done and started to drive on, they knew right away something was wrong. Daddy was asking himself, "How could we possibly have another flat tire?"

Well, we didn't. In the dark, in the rain, he had changed the wrong tire.

Dana Sanderson Holden
Boone, Blue Ridge Electric

First a semi, then a cow

We had just purchased our first used travel trailer and took a week's vacation traveling to the Outer Banks from our home in western North Carolina. My wife and son were with me.

We spent time fishing, walking along the beaches and swimming. We savored every moment and left late Saturday afternoon for the 8-hour trip home. Being exhausted from "vacation," I asked my wife to drive so I could take a nap. An 18-wheeler passed us and the suction of the semi started our rig to fishtailing. My seat belt kept me from reaching the electric brake, and my wife did not know what to depress. We jacked-knifed and the trailer rolled over. We were not injured, and fortunately, our truck remained upright.

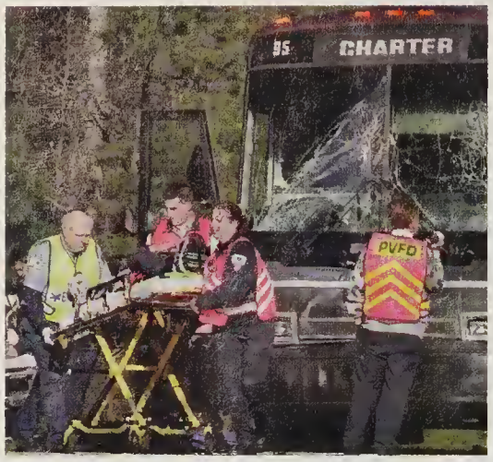
It took two wreckers to upright the trailer, and we continued west. We made it to Deep Gap about midnight. Blinded by an oncoming car, a cow ran out in front of us and we collided with the cow. With a damaged travel trailer and truck, we limped home, arriving at 2 a.m. Whew!

Jack L. Bryant
Dallas, Rutherford EMC

continued on page 22

GO ONLINE
www.carolinacountry.com

Thanks to everyone who sent in stories. You can see more on our Web site. Next month we'll run your "Safety Lessons: Accidents and mishaps that taught you a safety lesson." [Deadline was March 15.] See the remaining themes and rules of our "Nothing Could Be Finer" series on page 23.



Bus wreck

It was 1999 and I was in 8th grade along with my twin brother. We were on our way to Raleigh to meet the governor of North Carolina, Jim Hunt.

There were a total of four charter busses that were taking us there. I was on the last bus, while my brother was on the third bus. After about an hour down the road, our bus suddenly pulled off of the road. I had no idea what was going on, then I noticed that the third bus had crashed into the second bus. There was also no sign of the first bus.

I eventually found out that the first bus had no idea what had happened and ended up all the way in Raleigh.

A car had swerved in between the two buses, and the driver of the third bus lost control, causing the accident. A lot of kids had to go to the hospital with missing teeth and broken bones. I had that "twin feeling" that my brother was one of them. Sure enough he was hurt the worst of anyone (on a stretcher in photo above). He ended up breaking his mandible, which is the bone that holds your teeth.

He eventually recovered and about two months later we made it back to see the governor.

Brent Wagner
Lexington, EnergyUnited

Asking for directions

At 17 years old I had never driven any further than Charlotte, only 30 miles from where we lived. A good friend of mine had moved to Florida, and I wanted to see her. I did not know how to read a map, so I decided to stop at a service station and ask the attendant for help. Did he ever!

He marked the map for me. I did not know any better, so I took off.

I drove and drove, and it was starting to get dark. I stopped at another service station to see how much farther I had to go. The man told me I was in Johnson City, Tenn. He told me I had to go back. I had been driving for almost five hours in the wrong direction.

He told me the guy that had fixed my map up for me had played a dirty joke on me. He had sent me the wrong way as a joke. I did not find it a bit funny.

I did not have any extra money to get a place to sleep for the night, and I was so sleepy. The service station owner was real nice. He told me to pull my car into one of the bays, and he locked me in so I could have a safe place to sleep for the night. The next morning he fixed me up a new map and even brought me breakfast. Then I was on my way to Florida. I actually made it there this time.

Debra Trull
Stanfield, Union Power

Left to right: Siblings Wayne with his dump truck, Cara, Gay and Laura in Plant City.

"I want my beach ball!"

In July 1957 our family of six set out in our 1956 Pontiac to visit relatives in Plant City, Fla. As the sun came up we left with our food and drinks packed. We drove south on Hwy. 301, a two-lane road that was the main route from North Carolina to Florida at that time. Our windows were rolled down since air conditioning was quite a luxury back then.

About an hour into the trip my little brother, Wayne, discovered that he had left his beach ball at home. "I want my beach ball!" he cried.

We explained what wonderful things we could see and do in Florida, but he still wanted his beach ball. We counted cows, sang songs and told stories to pacify him. We passed him from the back to the front seat many times. (This was before seat belts and child seats.) Every time the conversation lagged even a little bit Wayne would start again, "I want my beach ball!"

Daddy was not one to stop when he set out on a trip, so we only made stops for gas and necessities as the day got hotter and Wayne's cries of "I want my beach ball!" intensified. Daddy finally promised Wayne that he would buy him a beach ball as soon as we got to Florida.

That hot July trip seemed to go on forever, but by 10 p.m. we were greeting Uncle Dan and Aunt Eva.

The next morning the whole family went with Wayne to pick out his new beach ball. We were all totally dismayed when he decided to get a dump truck instead.

Gay C. Creech
Linden, South River EMC

Back to Bath: the long way

During a 1969 vacation, Kent, our children Rod and Penny and I were traveling from Asheville to Manassas when it began raining heavily. On Hwy. 29 we saw an 18-wheeler stalled in water. We stopped as soon as possible and spent the night in the car as it continued to rain all night.

By sunrise the rain had stopped and we discovered we were in Lovingston, Va. The Highway Patrol informed us the highway was washed out between every mountain for miles. The 18-wheeler we had seen was washed a mile down the gorge. The rain was the aftermath of Hurricane Camille.

By afternoon, helicopter search, rescue and recovery operations began as many homes were washed away by mudslides. Morgues were set up in local churches. Kent knew helicopter hand signals from a tour of duty in the Army and helped with landings and take-offs.

We spent the second night with a local family.

The next day, Rod, Penny and I were airlifted by helicopter to Charlottesville and interviewed by a television reporter regarding the disaster.

The third day Kent was allowed to drive out on an emergency-only back road.

The fourth day we headed home to Bath, thanking God for our safety.

Betty B. Gurganus
Bath, Tideland EMC

Seven-year-old Courtney

Car sick

On Oct. 17, 2003, my husband, two daughters and I headed to Disney World. That morning, Courtney, then age 7, was so excited that she couldn't eat. Thirty minutes after we left, we had to pull over for her to throw up. She was sick all day.

We stopped to eat lunch, and I made her eat a few bites. Bad idea. Thirty minutes later she was throwing up all over our SUV. The worst part was that we had to pull over onto a median in the middle of a freeway. I tried to clean her up as best I could. A trooper pulled up behind us and quickly jumped back into his car after I explained what was wrong.

On the return trip, we spent three nights at Tybee Island, Ga. My daughter Jessica, then age 12, threw up in the car. Luckily, she had a plastic bag. It was about 9 p.m., and we were lost. I had one nauseated kid and the younger one was beginning to cry uncontrollably.

It was a rough vacation, but we had a wonderful time outside of the vehicle!

Connie Beaver
Murphy, Blue Ridge Mountain EMC

Left to right: Emily, Libby and Abby

So much for Disney World

Several years ago when our nieces were 7 and 10, my wife, Libby, decided to treat them to a Florida vacation. The itinerary she planned would have thrilled any child— Disney World, Sea World, Universal Studios and a few days at the beach.

Nothing went right.

From the first day at a theme park, Emily got sick on the rides. Abby didn't care to wait in the long lines and wanted only to go back to the hotel to swim. And the hotel had limited TV channels.

So we went to the beach. Big mistake.

Not long after they waded into the surf, Abby felt something swim between her legs. Fearing the worst, she jumped into a nearby stranger's arms.

The final straw came when Libby spread out her picnic lunch. Within moments a flock of seagulls swooped down, frightening both girls into a panic. "It was like that Alfred Hitchcock movie," Libby says now, laughing.

Very soon the three were safe in the car. They looked at each other and said simultaneously, "Let's go home!"

Frank L. Duracher
Duluth, Ga., Haywood EMC

Manhunt

My daughter, granddaughter and I were driving home in Union County. Several police cars passed us as we approached Hwy. 218. We tried to head straight across, but before we could turn there were police everywhere running towards the woods and the road. Suddenly, a police officer jumped in our car, shoved my daughter over on me and spun the car around. We were going fast.

I said, "Slow down, there is a curve and a bridge!"

He said, "Calm down, lady. I have everything under control."

Just as we passed the bridge, gun shots came from the left. He stopped the car, grabbed his pistol, thanked us and ran to the left. We were in the middle of the road.

My daughter said, "Which way?"

I said, "I don't know, but let's get out of Dodge!"

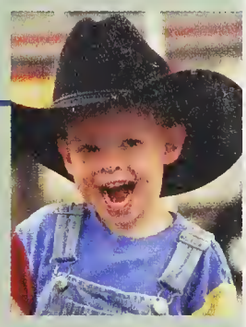
They captured a boy on a bicycle who had robbed a house. We were talking about the situation, and my granddaughter who was very calm in the back seat spoke up: "Oh this was an adventure, great for show and tell."

Christine Turner
Indian Trail, Union Power

Send us your best

Earn $50

Here are the themes in our **"Nothing Could Be Finer"** series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you $50. You don't have to be the best writer. Just tell it from your heart.



June 2005
On the Farm
The best things about growing up or living on a farm.
Deadline: April 15

July 2005
The First Meal I Ever Made
What was it and how did you like it?
Deadline: May 15

August 2005
What I Learned From My Kids
Sometimes children can teach grown-ups a thing or two.
Deadline: June 15

September 2005
Celebrity Look-alikes
Photos of people who are dead-ringers for someone famous. Digital ones must be 300 dpi and at least 4 by 6 inches.
Deadline: July 15

October 2005
My Favorite Photo
North Carolina people, places, things. Digital ones must be 300 dpi and at least 4 by 6 inches.
Deadline: August 15

November 2005
It's the Thought That Counts
The dumbest gift you ever received.
Deadline: Sept. 15

December 2005
Holiday Mishaps
Those holiday plans that just didn't work out as you hoped they would.
Deadline: Oct. 15

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
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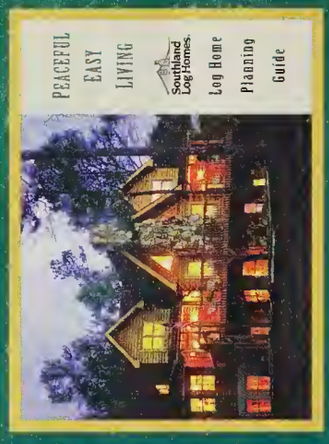

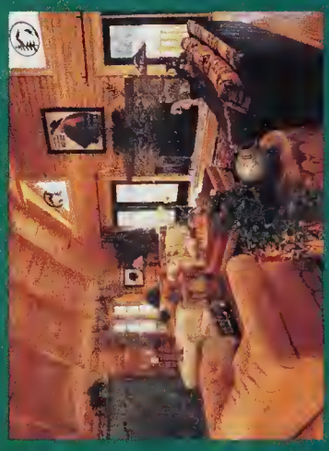

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YOU KNOW YOU'RE FROM

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From Michelle Allen
- You watched Uncle Jim on WBTV after church on Sundays and know all the words to their "Little Rascals" song.
- You know that a tish, a dab, or a smidgen all mean the same thing.
- You know that a peedab is a small person.
- You know that a gully washer is a severe rain storm.
- You were "in the bed," not just "in bed."

From Debbie Mewborn Hames, Asheville (originally from Goldsboro)
- You know where Faro, Eureka, and Bull Head are.
- You went to MYF on Sunday night after playing volleyball all afternoon.
- You rode to White Lake in the back of a 2-ton dump truck.
- You learned at a very young age to behave in church because the church was and still is too small for a nursery.
- You know what topping and suckering tobacco means, and that you should only do them in the rain because granddaddy said so.

From Gwen Walsh Hargett, Connelly Springs
- You have mailed livermush to out-of-state relatives for birthday or Christmas presents.
- You know someone who has been knocked out colder than a kraut rock.

From Frances Helms, Monroe
- You remember Grandpa putting tobacco on a wasp sting to kill the poison.
- You walked three miles to church every Sunday morning and rubbed blisters on your heels.
- You remember listening to Lum and Abner on the radio.
- Your family sat out on the front porch after supper and sang hymns together.

From Gail Harrington, Asheboro
- Dawn dish detergent doubled as your family shampoo.
- You kept a cardboard calendar near the kitchen trash can to use as a dustpan.
- Tin tubs of ice held the Pepsi and Nehi grape and orange for a family reunion.
- Weekend events include gigging frogs, playing rook and fishing.

From Mae Spence, Maysville
- After a good meal you say that it would "make a tadpole slap a whale."
- You say, "He loves peanut butter better than a hog loves slops."
- You say, "Ain't he cute as a speckled puppy!"
- You put sinkers (corn meal dumplings) in a pot of stew or collards.
- You call sweet potatoes "music roots."
- You call lima beans "belly busters."

From Nicole Horton, Laurinburg
- You used to eat sour weed.
- You know that fifty-eleven means alot.
- You say "Laud ham mercy!"
- You ask someone you just met, "Who yo people?"
- You believe that snow left on the ground means it's going to snow again.

From Rhonda Trueman, Gastonia
- You know the difference between "gee" and "haw."
- You know Set Back is a card game.
- You have spent evenings calling bobwhites.

From Tammy Thomas, East Peachland
- A can of Rawleigh Salve is good for anything that ails you.
- When a storm approaches, it's "coming up a cloud."

From Randy Cline, Concord
- You can't go deer huntin' cause you got to git up leaves.
- You know that baby blue was not the Tar Heels' color but The King's (No. 43).
- Grandma put Noxzema on your sunburn after you had set in a tub of vinegar water.
- You stole a nest from a passel of wasps for fishin' bait so you didn't have to dig worms.

From Judy Pearson, Boomer
- You've seen somebody cut a monkey shine.
- You put blackberries in a glass of milk.

From McNeill Watkins, Wagram
- You know that Asheville is not in Ashe Country, that Beaufort is a bit south of Beaufort County, that Scotland Neck is quite some distance from Scotland County, and that Henderson is one heck of a long way from Henderson County.

From Carol O'Bryan, Hayesville
- You know if something's wompersided, it's crooked.
- Somebody who could snag lightning and run thunder is awful ugly.
- You've had the unforgettable experience of having a "laughing owl" cut loose in a tree right above you.
- You've had the equally unforgettable experience of having a setting hen flog you while you're sitting on the hole in the outhouse!
- You know what ramps are and always dig enough to share with friends at church.

From Ronda Sue Galyean, Lowgap
- Instead of going to a funeral home for a viewing you go to the person's church to look at them.
- You go to the horsepittle instead of the hospital.

continued on p. 26

From Sonya Weiss

- You've toted water from a spring to use for cooking and bathing.
- You know North Carolina has five seasons: spring, summer, fall, snow and ice.
- Going out to eat means dining on the porch because it's too hot in the house.

From Angie McCaskill, Ellerbe

- You know what BBQ sauce is supposed to taste like and what goes in it.
- You issue W-2 forms to your hunting dogs.
- You know the plural form of "ya'll" is "all ya'll."
- When your daddy wants to take you outside for a word of prayer, you know you are in trouble.

From Ray Bledsoe, Kenansville

- You know what a mader sandwich is.
- The gun cabinet is the nicest piece of furniture in the living room.
- You know that "Yaw get on" means please leave.
- During May's full moon you'd be on the river catching red bellies.
- You got a whippin' at school and another one when you got home.
- You've heard your Daddy tell you, "Boy, if you had had it is bad as I did when I was your age, you'd be dead now."

From Adam Raskoskie, Charlotte

- You mash the power button on the TV to turn it on, mash the accelerator to speed up the car, and mash out a letter to your aunt on the computer keyboard.
- After mashing the power button, you look at TV instead of watching it.
- When a woman calls another woman a "hussy," the other is prettier and drives a nicer car.
- You're on a first-name basis with the check-out woman at the grocery store, and the woman at the gas station.
- You know where Frog Pond is.
- You'd rather fix it yourself than take advantage of the warranty.

From Sally S. Kernstine, Lexington

- You love the smell of freshly mowed grass on a hot summer evening.
- You think nothing tastes better than sweet, sugary lemonade that your grandmother just made specially for you.
- The neighborhood kids gathered on hot summer nights to play Ain't No Bears Out Tonight and Kick-the-Can.
- You and all your childhood friends stood waiting anxiously by the curb for the ice-cream truck.
- Your cousin secretly pierced your ears by numbing your earlobes with ice cubes and poking a threaded needle through them.

From Ruth Belk, Monroe

- You cut paper dolls out of the Sears Roebuck catalogs and made play furniture out of shoe boxes.
- You've felt a head full of cow feed as the cow shooed flies.
- You never knew that eating cornbread or corn would run up your sugar.
- You ate onions to gather germs from your body.
- You dissolved a spoonful of sugar with a drop of turpentine in your mouth to help a sore throat and cold.
- You wore your mama's old stockings over your shoes for snow boots.
- You know maypops are car tires ready to blow out.
- You poured cold water in the top of the churn to make the butter gather.

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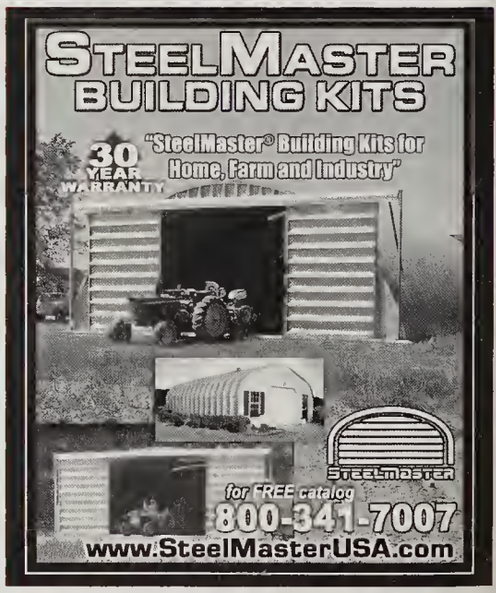

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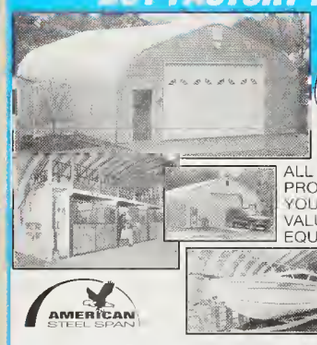

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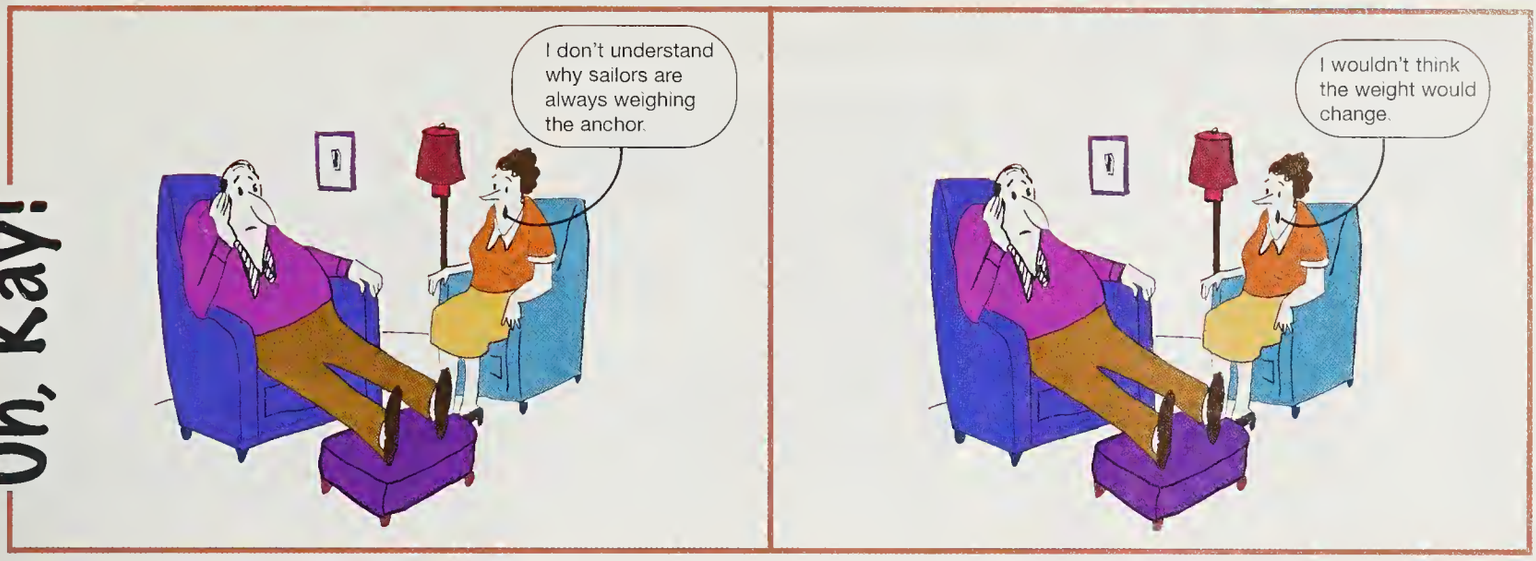

SIMON'S SIZE PROBLEM

When Simon planned his new home he included a pantry 4 feet wide and 5 feet long. He bought 80 six-inch square tiles to cover the floor.

But before building he changed his floor plan, taking six inches off the length of the pantry and adding six inches onto the width, making the room 4½ feet square.

Since the distance around the room was the same (18 feet) on both plans, Simon didn't bother to refigure the number of tiles he would need for the floor. When he laid the tiles he was surprised to find he did not have enough of them to do the job.

How many more did he need?

And then I read

"In April, the California-based Aspen Educational Group plans to open the New Leaf Academy of North Carolina, a private boarding school for girls, in Henderson County ... Students will spend **between 18 and 24 months a year** at the school."

—Asheville Citizen-Times

(Ron Hachet of Hendersonville spotted this overlong school year. If you spot a blooper in your newspaper, send it to Joyner's Corner, Carolina Country, P.O. Box 27306, Raleigh, NC 27611 or e-mail cjoyner@brinet.com)

SOUTHERN exposure

Some time after he had retired from the U.S. Senate and returned to his law practice in Morganton, Sam Ervin was interviewed in his home by North Carolinian David Brinkley for his ABC news program.

Ervin's office was in his house, and his law library shelves extended to the ceiling, perhaps 18 feet high. Brinkley asked the aging lawyer what he would do with a law case that required him to climb up and get a book from the top shelf.

"I wouldn't take the case," Ervin answered.

For answers, please turn to page 30.

Domi-no.S

Letters have been substituted for digits in this multiplication puzzle. Given A=3 and G=8, can you replace the missing digits that put the MAGIC in this CARPET?

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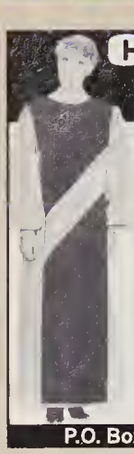

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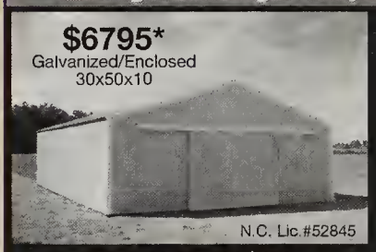

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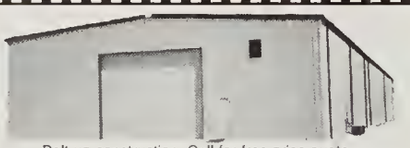

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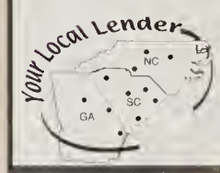

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JOYNER'S CORNER ANSWERS:

Simon's Size Problem

Simon needed 81 six-inch tiles to do the job, one more than he had. Each square foot requires four tiles.

4' x 5' = 20 sq. ft. x 4 = 80 tiles

4.5' x 4.5' = 20.25 sq. ft. x 4 = 81 tiles

DOMI-NO.S

5 3 8 6 4 x 8 = 4 3 0 9 1 2

M A G I C x G = C A R P E T

Getting To Know...

Name: Elizabeth Dole,

U.S. Senator for North Carolina

Born: Elizabeth Hanford on July 29, 1936, in Salisbury. Her family operated a florist business.

Known for: Groundbreaking career in politics and public service. The second of two children, Dole's leadership qualities surfaced early. In the third grade, she mounted a successful campaign for the presidency of the Bird Club.

Accomplishments: Graduated from Duke University with honors in political science, then spent summers doing postgraduate work at Oxford University. She earned a master's degree in education and government and her law degree from Harvard in 1965. Married Senator Robert Dole and the pair became one of Washington, D.C.'s most influential couples. She joined President Reagan's cabinet as Secretary of Transportation, becoming the first woman to hold this position.

Dole later resigned to become president of the Red Cross, working with no salary her first year to show her appreciation for volunteers. In 1995, Dole took a leave of absence to work on her husband's presidential campaign. In 1999 she made her own unsuccessful bid for the Republican presidential nomination, attracting thousands of enthusiastic first-time voters. Has received numerous prestigious awards for humanitarian and charitable commitments.

Do You Know...

...that Louisburg is the whistling capital of the world? And that every April the International Whistling Convention is held in the historic town? This year, the tuneful championship will be held April 18–24, when children, teenagers and adults will vie for first-place wins. The convention, held during Happy Whistling Week as designated by Gov. Mike Easley, also includes receptions, concerts and whistler museum tours. Call (919) 496-3056 or visit www.whistlingiwc.com

Cherokees Invite Students to Visit Attractions

The Cherokee Historical Association is currently offering free admission to Museum of the Cherokee Indian, Oconaluftee Indian Village and the outdoor drama "Unto These Hills" for elementary and high-school students and teachers studying Cherokee Indian history. To visit the museum, teachers can call (828) 497-3481 and talk with Chris Watty. For reservations to the village or drama, call (828) 497-2111.

SURF IT!

For Sen. Elizabeth Dole, visit http://dole.senate.gov

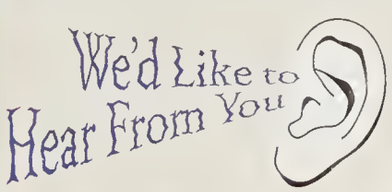
For Cherokee attractions, visit www.untothesehills.com www.oconalufteevillage.com www.cherokeemuseum.org

Field Trip Fun

Historic Albemarle guide

When you go on the Historic Albemarle Tour, you follow in the footsteps of pirates, pilgrims, soldiers, slaves and sea captains and wind through 17 historic counties that teach volumes about the present. The 2005 Field Trip Guide is a free, handy compilation of tours and activities designed for teachers to educate and stimulate students. Among the 33 attractions are Frisco Native American Museum & Natural History Center, North Carolina Aquarium on Roanoke Island, Aurora Fossil Museum and Somerset Place State Historic Site. To order your free teacher's guide, call (800) 734-1117 or visit www.historicnenc.com

Roanoke Island Festival Park/Elizabeth II



If you have suggestions or comments about our bimonthly youth page, Tar Heel Lessons, e-mail **carolina.country@ncemcs.com**, write Carolina Country Tar Heel Lessons, P.O. Box 27306, Raleigh, NC 27611, or call (800) 662-8835, ext. 3036.

April EVENTS

The Antique Tractor & Power Show will be held Friday, April 29 through Sunday, May 1 in Marshville. Call (704) 624-6105.

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Orchid Show
April 2–3, Asheville
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www.ncarboretum.org

Bluegrass Gospel Singing
April 2, Lenoir
(828) 758-2278

English Language History
April 7, West Jefferson
(336) 846-ARTS

Spring Fling
April 9, Asheville
NC Arboretum
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www.ncarboretum.org

Gold Festival
April 9, Marion
(828) 652-1212
www.ncgold.org

Lawn & Garden Tractor Pull
April 9, Marion
(828) 738-4934

Wildwood Valley Boys
April 9, West Jefferson
(336) 877-4537

New Century Saxophone Quartet
April 10, Brasstown
(828) 389-0033
www.mapaa.org

Dolls & Doll Houses From Past
April 11, Kings Mountain
(704) 739-1019

Apple Blossom Tour
April 11–May 1, Hendersonville
(828) 685-8349

Glenn Davis Memorial Concert
April 12, Asheboro
(336) 318-6810
www.randolphlibrary.org

Annual Spring Festival
April 16, Union Grove
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"Noises Off"
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Night of the Spoken Word
April 23, West Jefferson
Local writers
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MerleFest
April 28–May 1, Wilkesboro
(336) 838-6267
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Rhododendron Show
April 30, Asheville
NC Arboretum
(828) 665-2492 x217
www.Achandler@ncarboretum.org

Pioneer Day
April 30, Old Fort
(828) 668-9259

NewtonFest
April 30, Newton
(828) 466-8833

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Weekends, Gastonia
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Spring Garden & Herb Fair
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(336) 760-1259

Farmer's Market
April 2, Durham
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www.durhamfarmersmarket.com

Triad Quilt Show
April 8–9, Kernersville
(336) 996-0354

Woodcarvers Show
April 8–9, Statesville
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Antique Tools Demos
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Home and Garden Tour
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(910) 215-0030
www.southernpines
gardenclub.thepilot.com

Antique Festival
April 15–17, Oakboro
(704) 485-4906
www.hinsonauction.com

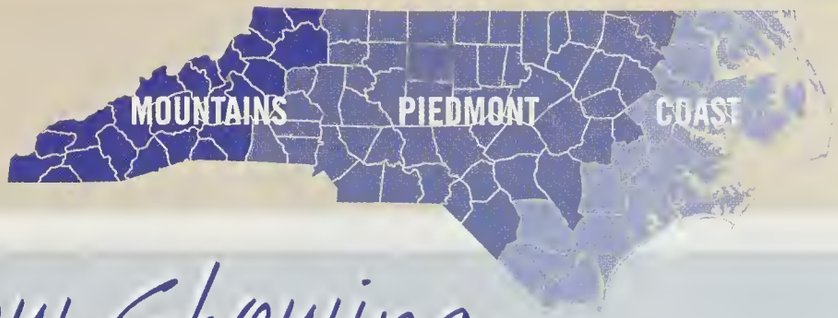
Plowing & Planting
April 16, Huntersville
(704) 875-2312
www.lattaplantation.org

Growing Crazy plant festival
April 16, Pittsboro
(919) 542-8202
www.ces.ncsu.edu/chatham/
ag/homehort/growingcrazy05.htm

Ruritan Spring Festival
April 16, Union Grove
(704) 539-4474

C.A.S.I. Chili Cook-Off
April 16, Stokesdale
(336) 951-2705
www.ncchili.com

Bass Tournament
April 16, Lexington
(704) 791-4210



Annual Spring Kiln Openings
April 16–17, Seagrove
(336) 873-7304

Shakori Fest
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Quilt & Craft Sale
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Reynolda House Grand Reopening
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www.reynoldahouse.org

Backporch Bluegrass Concert
April 23, Lexington
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www.tyronc.com

Stained Glass Class
April 23–24, Danbury
(336) 593-8159

Garden Tour & Art Show
April 23–24, Wake Forest
(919) 554-9675

Antique Tractor & Power Show
April 29–May 1, Marshville
(704) 624-6105

Liberty Antiques Festival
April 29–30, Liberty
(336) 622-3040

ClydeFest
April 30, Pittsboro
(919) 542-0394

Spring Fling Arts & Crafts
April 30, Mocksville
(336) 751-5799

Antique Farm Days
April 30–May 1, Goldsboro
(919) 735-5503

Sanford Pottery Festival
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www.sanfordpottery.com

continued on page 34

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Asheville Art Museum
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www.ashevilleart.org

Pre-1960 Needlework and Quilts
Through April 1,
Kings Mountain
(704) 739-1019

Grand Hotels of Western N.C.
Through Oct. 31, Asheville
Smith-McDowell House
(828) 253-9231
www.wnchistory.org

PIEDMONT

How The Memory Works
Through May 1, Durham
(919) 220-5429
www.ncmls.org

Magic Wings Butterfly House
Ongoing, Durham
Museum of Life and Science
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www.ncmls.org

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Daily, Gastonia
(704) 866-6900
www.schielemuseum.org

Catawba Indian Village
Ongoing, Gastonia
Schiele Museum of Natural History
(704) 866-6908
www.schielemuseum.org

Vanguard Collecting
Through Aug. 21,
Winton-Salem
First 25 works collected by Reynolda House
(888) 663-1149
www.reynoldahouse.org

If These Walls Could Talk
Through May 1
(704) 372-6261
omnimaxinfo@discoveryplace.org

Back to the 60's
Through May 31, Oxford
Granville County Museum
(919) 693-9706

Treasures Unearthed: NC's Gems & Minerals
Through June 12, Raleigh
N.C. Museum of Natural Sciences
(919) 733-7450
www.naturalsciences.org

Porcelain American Style
Through June 26, Charlotte
Mint Museum of Art
(704) 337-2000
www.mintmuseum.org

Forces of Nature
Through Sept. 6, Charlotte
(704) 372-6261
omnimaxinfo@discoveryplace.org

"War on Terror"
Through Dec. 2005, Fayetteville
Airborne & Special Operations Museum
(866) 547-0649
www.asomf.org

Murano: Glass from Spanu Collection
April 2–August 21, Charlotte
Mint Museum of Craft & Design
(704) 337-2009
nrider@mintmuseum.org

Art Exhibit by Lilya Pavolic
April 5–27, Lexington
(336) 249-2742

Retrospective of Prints
April 16–17, Charlotte
Mint Museum of Art
(704) 337-2019
www.mintmuseum.org

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Artifacts and Art
Ongoing, Hatteras Island
Frisco Native American Museum
(252) 995-4440
www.nativeamericanmuseum.org

Contemporary Quilts
Through May 15, Wilmington
Louise Wells Cameron Art Museum
(910) 395-5999
www.cameronartmuseum.com

Carolina Springtime Art
Through April 30,
Morehead City
(252) 726-7550
www.cagallery.net

Listing Information

Deadlines: for June: April 25 | for July: May 25

Submit Listings on Our Web Site: Visit www.carolinacountry.com and click on "See NC" to add your event to both the magazine and our Web site.

Or Submit Listings by Mail, Fax or E-Mail: Please include title, date(s), location, phone number and/or Web site url. Photos (300 dpi or hard copies) are welcome.

Send to: Carolina Compass, P.O. Box 27306, Raleigh, NC 27611
Fax: 919-878-3970 | e-mail: carolina.country@ncemcs.com

The Homes and Garden Tour will be held Saturday, April 30 in Bath. Call (252) 923-9933.

COAST

Cucalorus Film Festival
Through April 3, Wilmington
www.cucalorus.org

Coastal Women's Fair
April 2, Morehead City
Civic Center
(252) 247-6585

Azalea Festival
April 7–10, Wilmington
(910) 794-4650
www.ncazaleafestival.org

"A Date with Downtown"
April 8, Edenton
(252) 482-3400

Rock-A-Thon & Craft Show
April 9, Washington
(252) 946-6208

Hyde Ride
April 9, Lake Landing
(252) 926-9961

Janice Martin violin concert
April 12, Oriental
(252) 249-3676

Blessing of the Fleet
April 15–17, Ocracoke
(252) 921-0294
www.ocracokevillage.com

Tour de Pickle
April 16, Mount Olive
(919) 658-5697
www.geocities.com/tour_de_pickle

10K Race
April 16, Oak Island
(910) 457-6964
www.lighthouse10k.com

Blockhorse Steeplechase
April 16, Tryon
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Chowder Cook-Off
April 16, Carolina Beach
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Nautical & Tool Tag Sale
April 16, Beaufort
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Air Show
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Colonial Fun Day
April 17, Bath
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Plymouth Living History
April 16–17, Plymouth
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Pickle Festival
April 22–23, Mount Olive
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April 22–24, Bath
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Bee Keeping Class
April 23, Windsor
(252) 794-2001
www.partnershipforthesounds.org

Homes Tour/Art Show
April 23, Emerald Isle
(252) 354-2916

Spring Retreat
April 29–May 1, Southport
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www.outerbakslighthousesociety.org

Women Anglers in Training
April 30–May1, Oak Island
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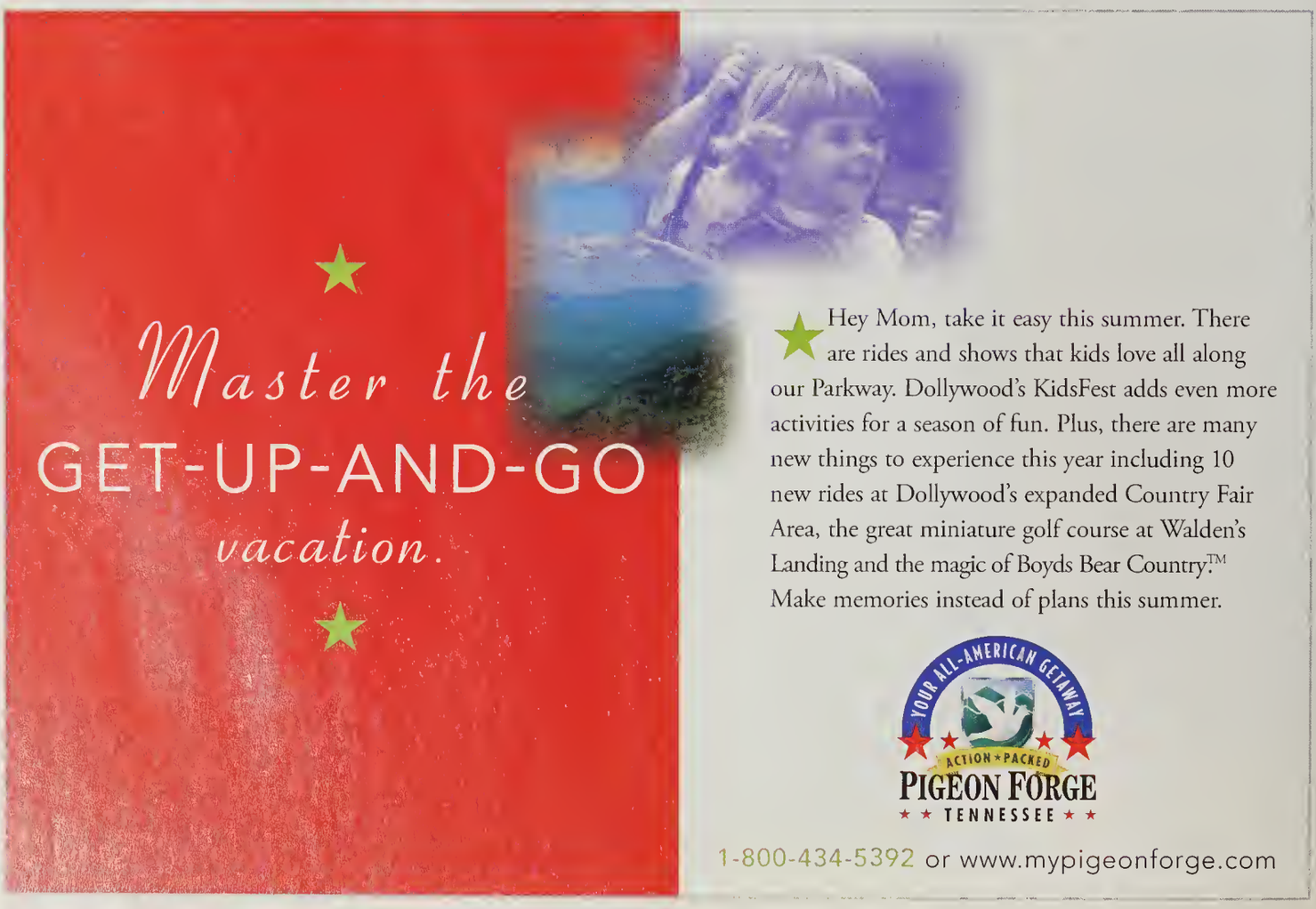
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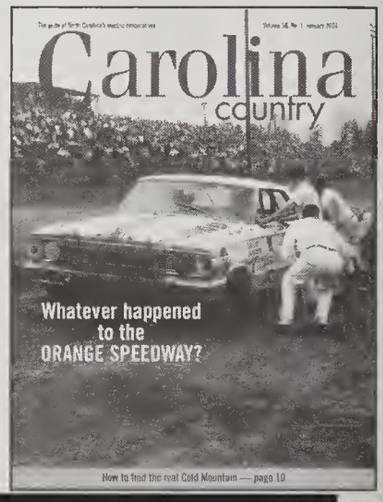

Reynolda House
opens its new wing in April

The Reynolda House Museum of American Art in Winston-Salem plans to open its new 30,000-square-foot, $12 million Mary and Charlie Babcock Wing on April 1. The education and exhibition wing includes a new visitor center, orientation gallery, video, acoustic guides, oral history stations, museum store, 2,869-square-foot changing exhibition gallery, two-level auditorium with retractable seating for 190, art library, education studios, and expanded storage space.

William Hook, Seattle

Rendering of the new Mary and Charlie Babcock Wing on Winston-Salem's Reynolda House, set to open this month.

Rooms in the original house also have been restored to their original 1917 appearance when the R.J. Reynolds family lived here

Architects Beyer Blinder Belle's design of the spacious wing is almost invisible from the front of the original house designed by Charles Barton Keen in 1912. Previous projects by Beyer Blinder Belle include the Grand Central Terminal and Rockefeller Center restorations in New York. With construction led by Frank L. Blum Construction Company of Winston-Salem, special attention was made to replicate the look and feel of the original house in the new design, down to using the original Ludowici-Celadon roof tiles that Winston-Salem has come to know as "Reynolda Green."

Staples and Charles LTD led Reynolda House's $1 million project restoring the historic house to its original 1917 period and opening rooms formerly closed to the public. The restoration returned rooms to their original appearance from the time of R.J. Reynolds and his family. The library, for example, will have its original furnishings covered in dark blue damask during the winter and in bright floral-patterned slipcovers during the summer. Minute details are being recreated, down to gilt sofa feet shaped like crouching lions. The Jaeger Company has led the period landscape design initiative making the expansive gardens and grounds historically accurate with 1,092 specimens and 41 varieties of plants.

Exhibitions in the gallery of the Mary and Charlie Babcock Wing will include "Vanguard Collecting: American Art at Reynolda House" (April 1–Aug. 21), the inaugural exhibition, showcasing the first 25 works collected by the museum in the 1960s, and "Diane Arbus: Family Albums" (Sept. 15–Dec. 4), a photography exhibition of works examining family during the turbulent 1960s by influential American photographer Diane Arbus and organized by the Spencer Museum of Art at the University of Kansas and by the Mount Holyoke College Art Museum. Both exhibits will be curated by Thomas Denenberg, Reynolda House's new Betsy Main Babcock Curator of American Art.

The opening celebration of the new wing will take place April 23 from 2 to 5 p.m. Admission is free, and visitors may explore restored rooms in the historic house and the new exhibition. The festival on the lawn will feature live music, art activities for children, popcorn and cotton candy, jugglers, costumed guests and artist demonstrators.

For more information, call (888) 633-1149 or visit www.reynoldahouse.org

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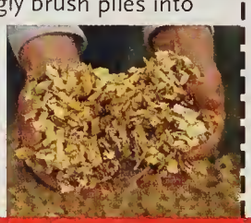

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As summer draws near, mouths begin to water for strawberries, blueberries, raspberries, figs and other sweet fruits of the season. It's becoming much more common for home gardeners to grow fruiting perennials.

If you've not grown fruit before, strawberries and blueberries are good starter plants that require little or no chemicals. Besides their appetizing benefits, these plants are also lovely ornamentals that fit perfectly in an herb garden, flower bed or border. With their compact size and dainty white flowers, strawberries make good edging plants and ground covers. Blueberries work well as a hedge or as specimen plantings. Many have beautiful orange-to-red fall foliage and are often semi-evergreen. The tiny, clustered flowers, whitish to pink, resemble lily-of-the-valley.

Strawberries are arguably among the easiest of berries to grow and offer nearly instant gratification. They fall into two categories: Junebearers and everbearers. Junebearers produce a bountiful set in a short period of time; everbearers produce fruit throughout the summer, but a smaller amount at any given time. Everbearing varieties have not performed well in North Carolina, but you can choose from several Junebearing varieties to extend the fruiting season. You can purchase strawberries that are either bare-root or potted. They are best planted in early spring. Once established, they should last several years, although any flowering plants need to be covered during a frost to protect the fruit set.

Blueberries are another tasty offering, although they require a little more patience—two to three years for an appreciable crop. Experts recommend pinching flowers from young plants to divert energy toward root growth the first couple of years. In North Carolina, two types of blueberries are planted primarily: Southern highbush and rabbiteyes. Rabbiteyes and Southern highbush are both appropriate for the Piedmont or Coastal Plain region; Southern highbush is the only type proven to consistently survive the cold winters of the mountains, although some western gardeners report success growing rabbiteyes. Rabbiteyes are a good choice for home gardeners because they are less particular about pH and more drought-tolerant.

A soil rich in organic matter is a necessity for blueberries—add lots of compost. Like azaleas, blueberries prefer an acid soil.

Blueberries need good drainage. In clay soil, A.J. Bullard of Mount Olive suggests breaking up the plant's root ball well and placing it nearly on top of the soil, then banking it with fine pine-bark mulch. The roots will grow into that. Water plants well and often, as blueberries have fibrous roots that penetrate only 6 to 8 inches. Blueberries like sun but can take some shade. They may grow 6 to 15 feet, depending on the variety, but can be pruned to fit your landscape.

Plants From the Past

The terms "heirloom," "antique" and "old-timey" describe plants that have been passed down from generation to generation. Every year, I include more old-fashioned annuals and perennials in my plantings. Scarlet runner beans—a plant that dates to the mid-1700s—produced some of the most stunning blossoms in my garden last summer. As an added benefit, heirlooms are often among the most carefree and hardy plants. Unlike newer varieties, these time-tested favorites have had decades or even hundreds of years to adapt to local growing conditions. Because many heirlooms are resistant to pests and disease, plant breeders frequently incorporate genetic material from these proven performers into new hybrids.

People not lucky enough to have inherited antique seeds or divisions of perennials can choose from a growing inventory of these varieties at garden centers. Mail-order nurseries offer an even bigger selection.

> *The heart of Southern gardening is not in its great plantations, but in the small-to-middle-sized yards of working people. And its soul is not in the fancy plants sold by mass marketers, but in traditional plants, passed along from mothers to daughters and friends to friends.*
>
> *Jim Wilson*
> *Gardening author*

This year I'm going to try a tomato called Radiator Charlie's Mortgage Lifter, a 1930s heirloom with a colorful history. M.C. Byles, who ran a radiator repair shop in West Virginia, crossbred four large tomato varieties, including German Johnson and Beefsteak, to produce a flavorful, meaty tomato that contains few seeds. The variety is reportedly well adapted to the Southeast.

A good resource for learning about heirloom plants is Seed Savers Exchange, a nonprofit organization devoted to preserving old-time varieties. For $35, you can join the organization and help support the preservation of heirloom plants. Members have exclusive access to the seeds of more than 11,000 rare varieties of vegetables, fruits and grains. You can write to SSE at 3094 North Winn Road, Decorah, IA 52101 or visit their Web site: www.seedsavers.org.

Carla Burgess writes and gardens in Raleigh. You may contact her at ncgardenshare@mindspring.com.

GO ONLINE
www.carolinacountry.com

For more April gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com

Pet doors designed for do-it-yourself installation

By James Dulley

A lot of unconditioned (hot/humid during summer and cold/dry during winter) outdoor air blows indoors while the door is held open for cats and dogs. Mosquitoes that are circling the pet get blown in along with the air.

Although a small pet door is not as efficient as a well-insulated wall, door or window, it is certainly much more efficient than holding a door open for your pets. The brush or foam-weather stripping on the pet door seals fairly well.

In addition to saving energy, think of the time you waste standing at the door while your pet decides what to do.

Most pet door kits have some type of locking device or feature for security to block people and other animals from coming in through it. Also, the doors are too small, particularly the cat doors, for an adult to squeeze through the opening. If someone did get partially through it, they would likely get stuck and be trapped there.

A small person might be able to get through a large dog door, but few people would try it. Would you want to crawl through a large dog door not knowing if there is an overly protective German shepherd or Doberman waiting to greet you? It would be a good idea to also install a simulated barking dog security device in the room with the pet door. This makes a loud, realistic mean-sounding bark when it is triggered.

You may also want some type of automatic security from wild animals coming indoors with your pets. I feed some raccoons in my backyard and they would love to come into the sunroom at night with my cat (they get along well together). My pet door has a magnetic sensor, and my cat has a tiny magnetic tag attached to his collar. The locked pet door senses the magnetic field when my cat approaches, and the latch opens until he passes through it.

If there is an electric outlet near the location where you want to install a pet door, consider installing an electric one. This uses sophisticated electronic controls and a motor to open the door for your pet to pass through. The pet's collar has a tiny, built-in transmitter that triggers the motor to open the door only for your pet.

Write for (instantly download —www.dulley.com) Utility Bills Update No. 780—buyer's guide of 10 pet door kit manufacturers listing features, prices, door sizing/pet chart, and instructions for building a do-it-yourself insulated pet door. Please include $3.00 and a business-size SASE.

Send to:

James Dulley
Carolina Country
6906 Royalgreen Dr.
Cincinnati, OH 45244

There are pet door kits designed to fit virtually every type of wall, door, window or screen. Most of them are simple to install yourself and just require cutting a hole. Templates are included to make the proper size hole. When cutting through a wall, use an electronic sensor, such as a Black & Decker stud finder, that also senses electric wires inside the wall.

If you are not much of a do-it-yourselfer yet want an energy-efficient pet door, thermal panels are available. These fit into an existing sliding or double-hung window or a sliding glass door. These use actual double-pane glass with full weather-stripping similar to any high-quality window.

The swinging pet door is built into the end of the panel. You just close the window or door against it. It has latches so the window sash or door edge is securely locked when the panel is installed. These units include a small magnet for the pet's collar to unlock the pet door.

Screen-mounted pet doors are particularly easy to install and effective for windows (cats) and full screen/storm doors (cats or dogs). Place one of the two door- frame halves from the kit over the screen. Use it as a template to cut the opening in the screen. Squeeze the two halves together over the opening so they snap together. Make sure the lock switch is on the indoor side.

Select the proper size door for the size and weight of your pet. An oversized door costs more to buy and wastes energy. For cats up to 15 pounds and dogs up to 7 pounds, a 35 square-inch door is adequate. A 90 square-inch door will handle dogs up to 40 pounds. If you have a cat and a large dog, install two doors.

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recipes editor, **Jenny Lloyd**

Slow-Cooked Ham

- ½ cup packed brown sugar
- 1 teaspoon ground mustard
- 1 teaspoon prepared horseradish
- 4 tablespoons regular cola, divided
- 1 boneless smoked ham (5 to 6 pounds), cut in half

In a bowl, combine the brown sugar, mustard, horseradish and 2 tablespoons cola; mix well. Rub over ham. Place in a 5-quart slow cooker; pour remaining cola over ham. Cover and cook on low for 8–10 hours or until a meat thermometer reads 140 degrees.

Yield: 15–20 servings.

Chicken Ham Casserole

- 1 package (6 ounces) long grain and wild rice mix
- 2 cups cubed cooked chicken
- 1 cup fully cooked ham
- 1 can (10¾ ounces) condensed cream of chicken soup, undiluted
- 1 can (12 ounces) evaporated milk
- 1 cup (4 ounces) shredded Colby cheese
- ⅛ teaspoon pepper
- ¼ cup grated Parmesan cheese

Cook rice mix according to package directions. Transfer to a greased 2-quart baking dish. Top with chicken and ham. In a bowl, combine the soup, milk, Colby cheese and pepper; pour over chicken mixture. Sprinkle with the Parmesan. Bake, uncovered, at 350 degrees for 25–30 minutes or until bubbly.

Yield: 6 servings.

Fruit Slush Cups

- 4 cups water
- 1–1½ cups sugar
- ¾ cup orange juice concentrate
- ¾ cup lemonade concentrate
- 3 medium bananas, sliced
- 1 can (20 ounces) unsweetened pineapple tidbits, undrained
- 1 can (11 ounces) mandarin oranges, drained
- ½ cup halved maraschino cherries

In a saucepan, combine the water, sugar and concentrates. Cook and stir over medium heat until sugar is dissolved. Stir in the fruit. Pour into a shallow 3-quart freezer container. Cover and freeze for 8 hours or overnight. Remove from the freezer 1 hour before serving in cups or bowls.

Yield: 12 servings.

Mocha Mousse Brownie Trifle

- 5 cups cubed brownies (homemade or store-bought, ½-inch cubes)
- 1 package (2.8 ounces) mocha mousse mix
- 1 carton (12 ounces) frozen whipped topping, thawed
- ¼ cup English toffee bits or almond brickle chips
- Grated chocolate

Place half of the cubed brownies in a 2-quart serving bowl. Prepare mousse mix according to package directions. Spread half over the brownies. Top with half of the whipped topping; sprinkle with toffee bits. Repeat layers of brownies, mousse and whipped topping. Sprinkle with grated chocolate. Refrigerate until serving.

Yield: 10–12 servings.

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Recipes are by Taste of Home magazine. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.

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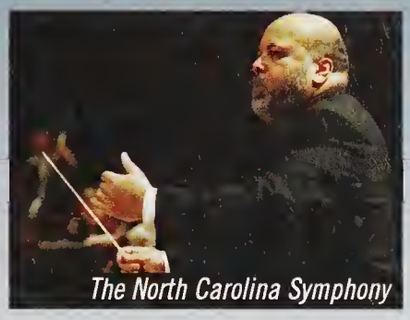
Lily Tomlin

The Temptations


The North Carolina Symphony

Poncho Sanchez Latin Jazz Band

An Appalachian Summer Festival entertains in the High Country from July 1–30

An Appalachian Summer Festival will offer an ambitious schedule of music, dance, theatre and visual arts from July 1–30. Held on the campus of Appalachian State University in Boone, the festival enters its third decade of combining the arts and beautiful mountain scenery. Tickets are available now.

Blue Ridge Electric Membership Corporation is one of the festival's lead sponsors, and presents the festival's popular Outdoor Fireworks Concert every season.

Headlining this year's festival opening is comedienne Lily Tomlin, who presents "An Evening of Classic Lily Tomlin" on July 2.

This year's festival also features performances by Paul Taylor Dance Company, the Eastern Philharmonic Orchestra with guest artists Branford Marsalis and Peter Serkin, The Glenn Miller Orchestra, The North Carolina Symphony, Poncho Sanchez Latin Jazz Band, Garth Fagan Dance, Ladysmith Black Mambazo, The Broyhill Chamber Ensemble, theatre readings as part of the Works in Progress Series, and the popular Outdoor Fireworks Concert on Saturday, July 30, featuring the legendary lead singers of the Temptations and the Sounds of the Supremes.

The Rosen Outdoor Sculpture Competition & Exhibition, Halpert Biennial Exhibition, and exhibition programs and workshops presented by the Turchin Center for the Visual Arts comprise the festival's visual arts offerings.

Also this year, in collaboration with the Grandfather Mountain Highland Games, which observes its 50th Anniversary this summer, the festival will present Leahy, the Irish-Canadian octet of fiddling/singing/dancing brothers and sisters.

The Appalachian Retired Family will present its third annual one-day seminar devoted to Appalachian culture, art, and literature at the festival. This year's seminar is entitled "The Art of Appalachian Narrative: The Uses of Mountain Story-Telling," and will feature Johnson City, Tenn., playwright Jo Carson and Watauga County yarn-spinner Orville Hicks. The annual Belk Distinguished Lecture will feature Romulus Linney, author and playwright with roots in Boone and at Appalachian State University, who will present "Teacher," about his experiences at the university in the summer of 1951.

The Fourth Annual Wine Tasting will offer an evening of fine foods and wines, while serving as an important fundraiser for the festival.

Ticket prices for all festival performances are $18–$25 for adults; $10–16 for students; and $5–$10 for children age 12 and younger. Several events are offered at no charge.

"Arts Festival Getaway" packages, combining lodging, festival tickets, restaurant discounts and guides to the area's art-related attractions, are also available.

For festival information, or to request a season brochure, contact the Festival Box Office at (800) 841-ARTS (2787) or visit www.appsummer.org

The Paul Taylor Dance Company, entering its 50th year, will perform at the Appalachian Summer Festival on July 12.

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Hello, dollies

The Doll Market, located in Greensboro, is considered to be the largest doll shop in the United States. With more than 30,000 square feet of doll displays, the market offers thousands of dolls, bears and miniature accessories such as furniture and musical instruments. Prices range from $10 to $6,000. All major doll lines and doll artists are represented, and The Doll Market also hosts personal appearances by well-known national and international doll artists. For those unable to attend an artist signing, most dolls from the current year's collection can be pre-ordered, signed, and then shipped. Call (800) 432-3655 or visit www.dollmarket.com

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Hats with heart

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Wreaths are beachy

Coastal Creations by Vikki recalls warm sand, sunshine and ocean waves. Vikki Heath, a member of Carteret-Craven Electric, makes special wreaths and arrangements featuring loons, geese, seashells, turtles, shorebirds and more. Prices start at $55 per wreath. Call (252) 531-3727 or email beachgirl683@yahoo.com

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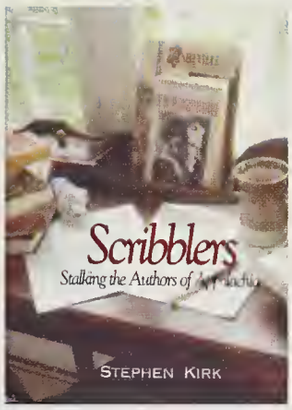
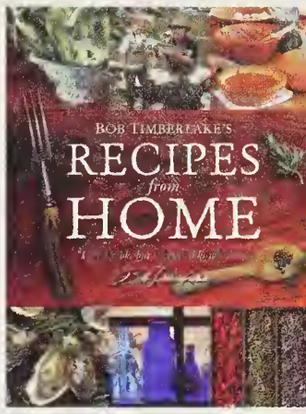
ON THE BOOKSHELF

Stalking Appalachian authors



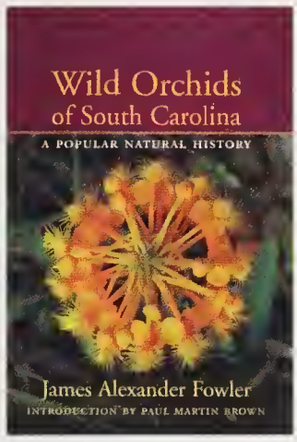
Stephen Kirk examines the writing life in his humorous book "Scribblers: Stalking the Authors of Appalachia." Part memoir, part literary history, Kirk documents the rich literary tradition around Asheville and provides a look at wannabe authors. Discussing his own writing experiences, he intertwines insights gleaned from interviews with contemporary writers such as Gail Godwin, Fred Chappell and Sharyn McCrumb, while providing insights into lives of such famous authors as F. Scott Fitzgerald, Carl Sandburg and Thomas Wolfe. Author Kirk has been the editor-in-chief at John Blair, Publisher for 17 years. He also wrote "First in Flight: The Wright Brothers in North Carolina." Published by John F. Blair, Publisher of Winston Salem. Hardcover, 248 pages, $21.95. Call (800) 222-9796 or visit www.blairpub.com

Timberlake cookbook



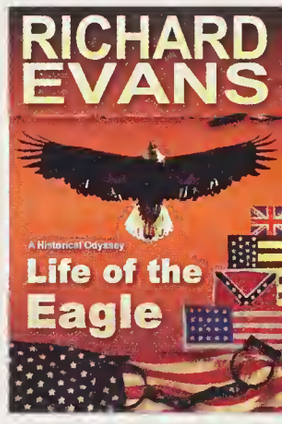
Famous artist and furniture designer Bob Timberlake is the first to admit he "can't cook a lick," but he loves to eat, is married to a talented Southern cook and has many friends who whip up tasty dishes. His new book, "Bob Timberlake's Recipes from Home," is a compilation of recipes from family, hunting companions, caterers and favorite restaurants. Each chapter is preceded with a quotation and color prints and photographs, and include Appetizers, Vegetables and Sides, Fish and Shellfish, Fowl, Beef Pork and Venison and Desserts. Recipes include Bacon Wrapped Goose, Bushhog Slaw, Baked Tomatoes with Fresh Corn Pudding, Scallop and Shrimp Lasagna, Swamp Gravy, Drunken Salmon, Marinated Fried Wild Turkey Strips, Doves with Almonds, Coconut Pound Cake and Pineapple Pudding. Published by Bob Timberlake, Inc. Hardcover, 180 pages, $24.95. Call (800) 481-1995 or visit www.bobtimberlake.com

Wild orchids



From bogs and bays to mountain woodlands, "Wild Orchids of South Carolina: A Popular Natural History" identifies the state's considerable, native orchid population. Providing clear, color photographs of each species, author James Fowler includes scientific and common names, flower descriptions, bloom times, ranges, habitats, pollinators and his personal observations about encountering them in the wild. Published by University of South Carolina Press in Columbia. Hardcover, 242 pages, $39.95. Call (800) 768-2500 or visit www.sc.edu/uscpress

An adventurer travels through history



This mystical account invites readers to take a firsthand journey through American history: arriving on a slave ship in the new American colonies, fighting in the Revolutionary War with General Washington, and experiencing the birth of a nation and the trials of the Civil War, World Wars and Korean and Vietnam battles. "Life of the Eagle: A Historical Odyssey" follows the life of an ageless wanderer and adventurer—a man who cannot die and watches generation after generation pass before his eyes while he struggles to understand his own purpose in the world. Published by Archebooks Publishing. Hardcover, 278 pages, $27.99. Author Richard Evans, a member of Carteret-Craven Electric Co-op, lives in Morehead City. Call (800) 358-8101 or visit www.archebooks.com

"Emeralds in the Snow"

Emerald Graham and Lucky Tucker are an unlikely couple. She is accustomed to a life of privilege in which everything's a game, including her teaching career. He has had a life of struggle, but it doesn't stop him from giving to his family, his community and to skiers he rescues on Sugar Mountain. The two, however, seem to be beating the odds with an uneasy bliss. Then a treasure hunt and old murder threaten all they value. Authored by Maggie Bishop. Published by High Country Publishers in Boone. Softcover, 192 pages, $12. Call (800) 462-6420 or visit www.highcountrypublishers.com

Celebrating Coker Arboretum

"A Haven in the Heart of Chapel Hill" is an artistic ode to the Coker Arboretum at the North Carolina Botanical Garden in Chapel Hill. As tribute to the garden's first hundred years, area artists and author Daniel Stern bring the Arboretum's tale to life through colorful renderings, photographs and Stern's historical anecdotes. Color plates include Sally Sutton's "Incense Cedar and Japanese Maple," Emma Skurnick's "Round-Lobed Sweet-Gum" and Jennifer E. Miller's "Bee Tree." Published by Botanical Garden Foundation, Inc. Hardcover, $26.70. Available in the Botanical Garden's gift-shop, area bookstores or call (919) 962-9468 to order.

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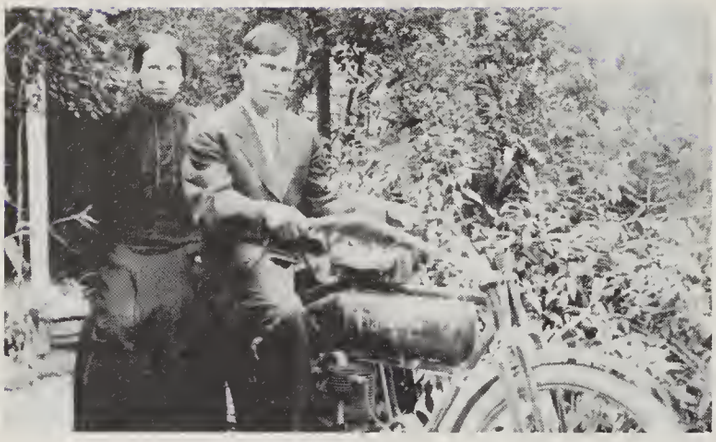

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Deadline: All photos must be received by May 1, 2005.

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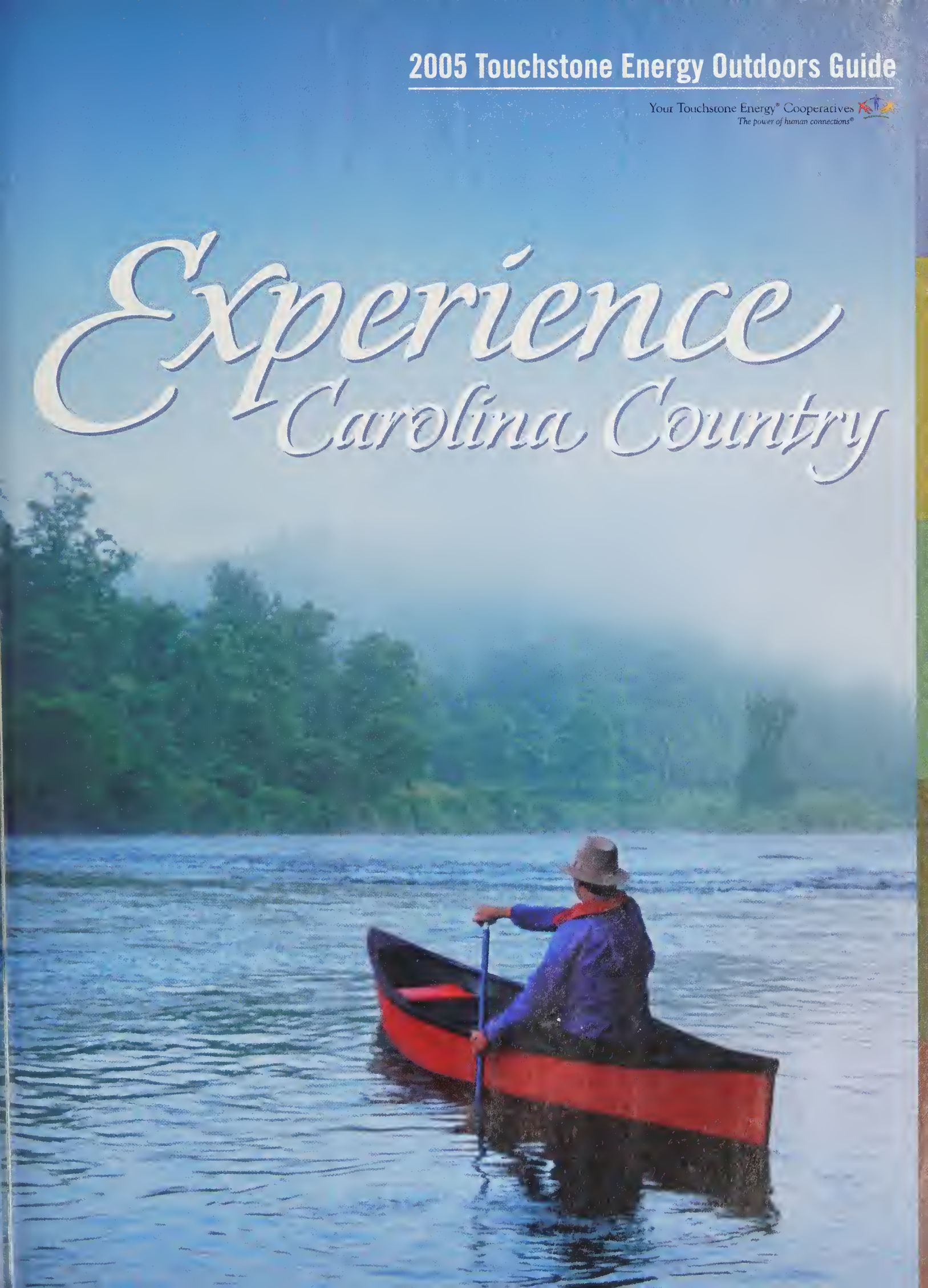

Experience Carolina Country

This is the 11th edition of Carolina Country's travel guide to North Carolina, sponsored by North Carolina's Touchstone Energy cooperatives and our advertisers. The popular guide has grown to a point where we decided this year to limit its scope. The next 38 pages of this year's "Experience Carolina Country" guide contain general resource information on visiting all regions of the state and specific information on North Carolina's public outdoor attractions. We appreciate the help we receive each year from the regional Convention and Visitors Bureaus, tourism agencies and chambers of commerce who update and append the resource information in this guide. We wish you all safe and happy travels throughout North Carolina. Wherever you go, you're likely to see the areas served by the state's Touchstone Energy cooperatives.

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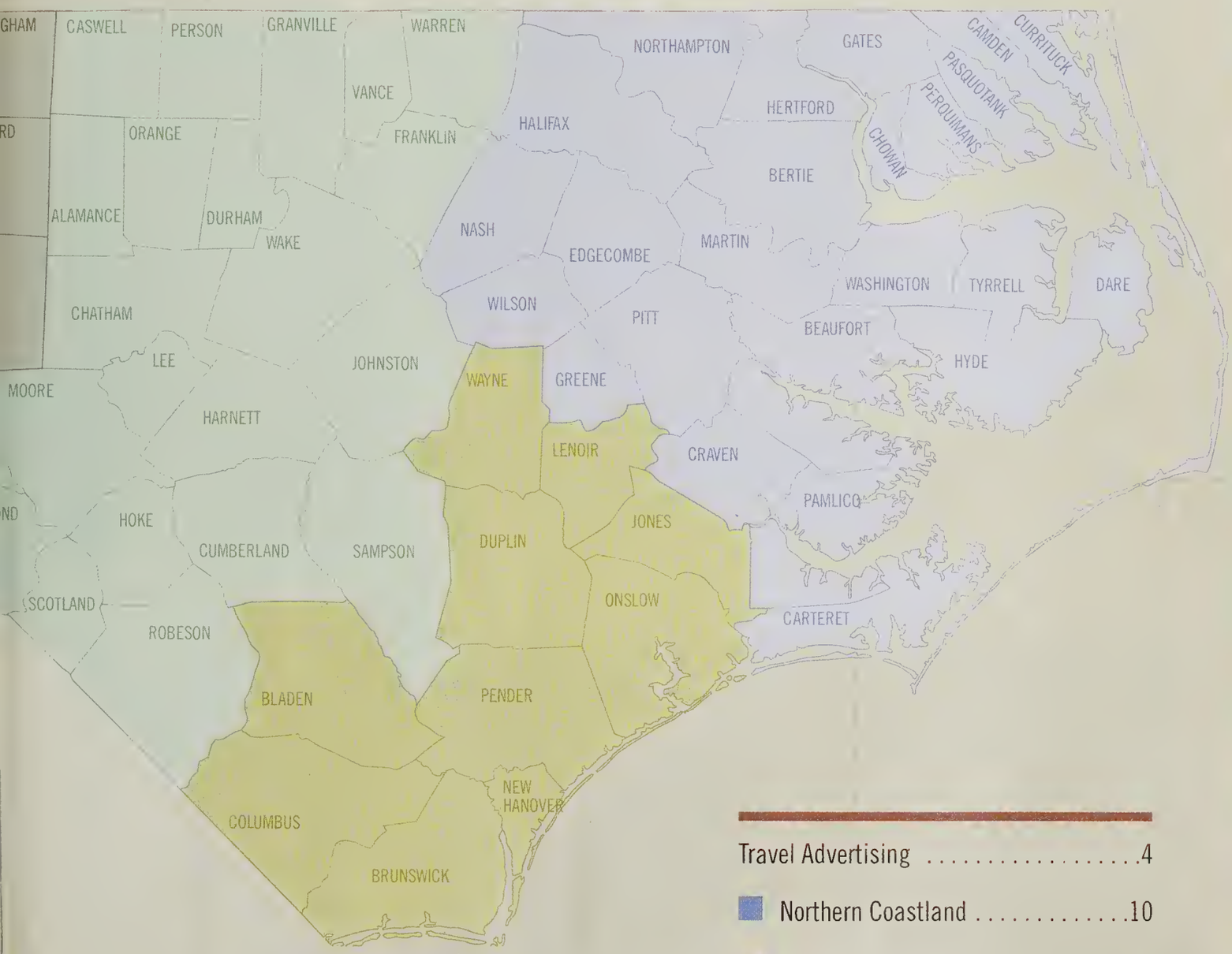

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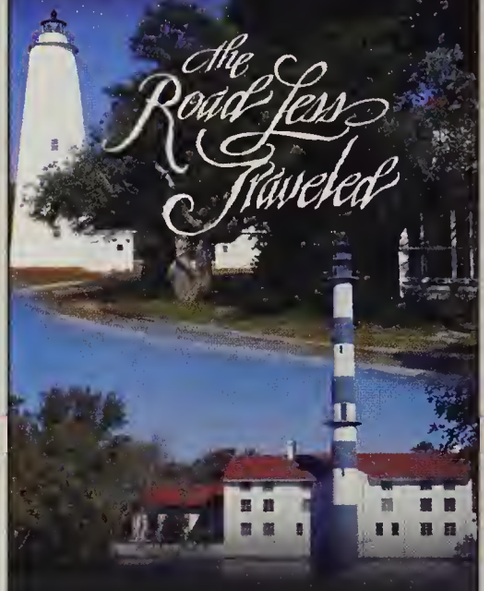

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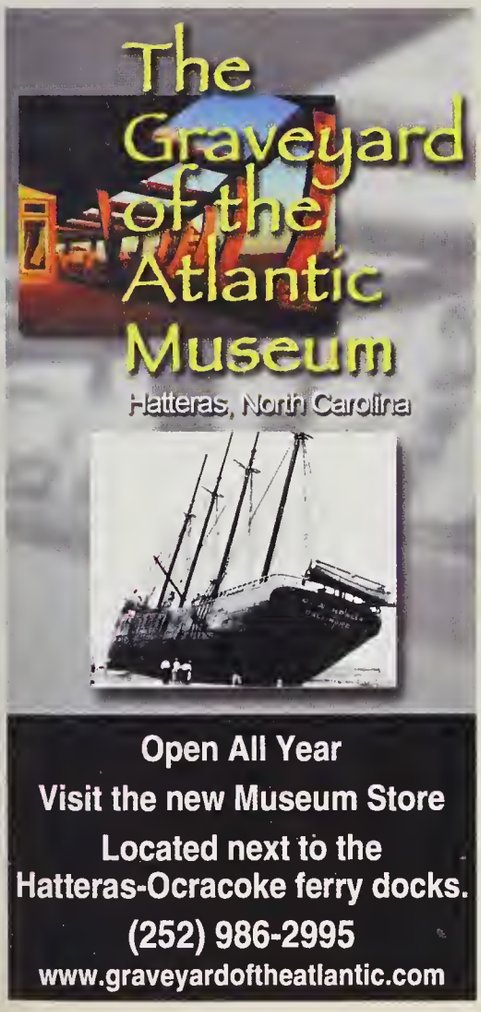

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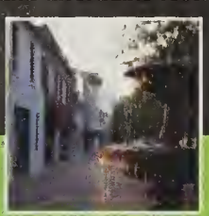
Experience the legend at the Airborne & Special Operations Museum.

Bayonet Golf Course offers a challenging design and affordable fees.



Unique downtown with shops, restaurants and historic buildings.

Photo by Alphonso Peppers, Jr.

HISTORY ★ HEROES

Greater Fayetteville North Carolina

A HOMETOWN FEELING

Come Be a Part Of It.

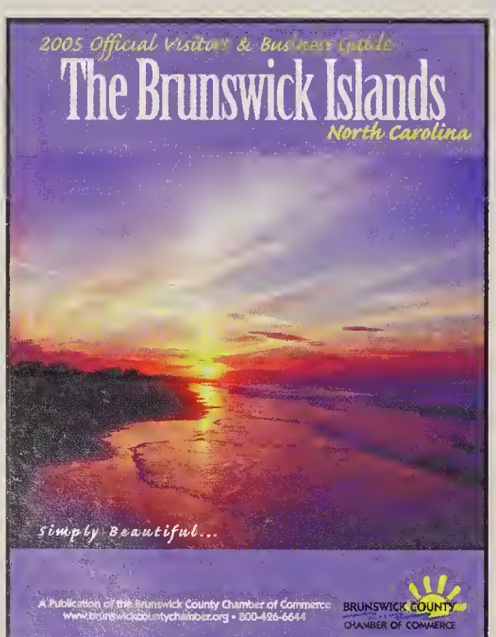
Sports. Theatre. Concerts. Arts. Golf. Shopping. Antiques. Restaurants. There's always something going on in Fayetteville to entertain you.

Book your trip online.

FAYETTEVILLE (NC) AREA CONVENTION & VISITORS BUREAU

1.800.255.8217 • www.VisitFayettevilleNC.com

Advertiser 9



The Islands & Beaches of Brunswick County, NC

You don't have to travel far to find paradise – majestic beaches, challenging golf and relaxation are just a short drive away. Come stay with us for your next family, golf or romantic getaway. Call for your *free* Visitors Guide.

(800) 426-6644

www.brunswickcountychamber.org

Advertiser 10

On Tour Since 1941!

Experience the thrill of the Battleship NORTH CAROLINA. She is the most decorated U.S. Battleship of WWII! Explore nine decks, crews' quarters, gun turrets and much more! This is a tour you won't want to miss!

★ ★ ★ ★ ★ ★

Open Every Day

8:00am til 8:00pm - May 16 to Sept. 15
8:00am til 5:00pm - Sept. 16 to May 15

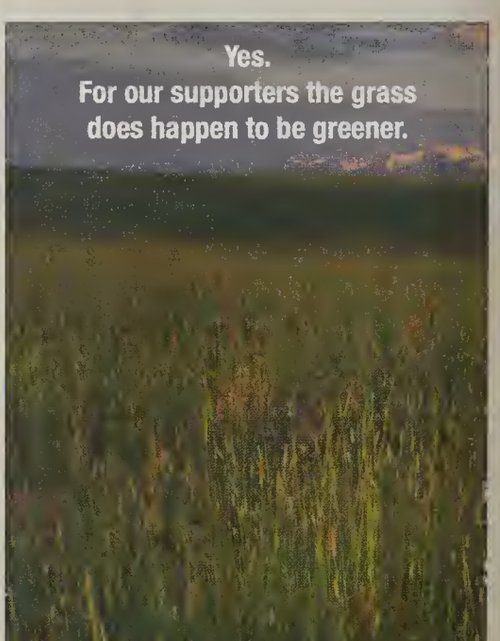
Information: 910 251 5797

E-Mail: ncbb55@battleshipnc.com

Located on the Cape Fear River across from Historic Downtown Wilmington, NC

www.battleshipnc.com

Advertiser 11


Yes.
For our supporters the grass does happen to be greener.
Visit nature.org or call 1-888-2 JOIN TNC to find out how you can help.
The Nature Conservancy
Saving the Last Great Places
nature.org

Advertiser 12

Free Travel Information

Circle the number of the advertiser from pages 4–9 of the Outdoor Guide. Fill in your name and mailing address below. Please print clearly.

1. Outer Banks
2. Greater Hyde County
3. Scotland Neck
4. Washington Area
5. Greenville & Pitt County
6. Sanford Pottery Festival
7. Graveyard of the Atlantic Museum
8. Wilson
9. Fayetteville
10. Brunswick County
11. Battleship North Carolina
12. The Nature Conservancy
13. Cotton Ketchie Galleries
14. Denton Farm Park
15. Rowan County
16. McDowell County
17. Hickory
18. Maggie Valley
19. Simply Virginia
20. Boone
21. An Appalachian Summer
22. Alleghany County
23. Cabbage Patch Kids
24. Cherokee County
25. Beech Mountain
26. Clay County
27. Big Lynn Lodge
28. Franklin NC
29. Unto These Hills/Oconaluftee

☐ All of the Above

Name _____

Mailing Address _____

_____

Place 37-cent stamp on the other side and mail. Allow 4–6 weeks for delivery of travel information. Offer expires July 1, 2005.

Place 37-cent postage here.

Post Office will not deliver without a stamp.

Carolina Country Travel Information
P.O. Box 27306
Raleigh, NC 27611-7306

Tharpe's Mill

By "Cotton" Ketchie

Image size: 22.5" x 15" $150 unframed

Tharpe's Mill is located near Ronda, N.C., in Wilkes County.

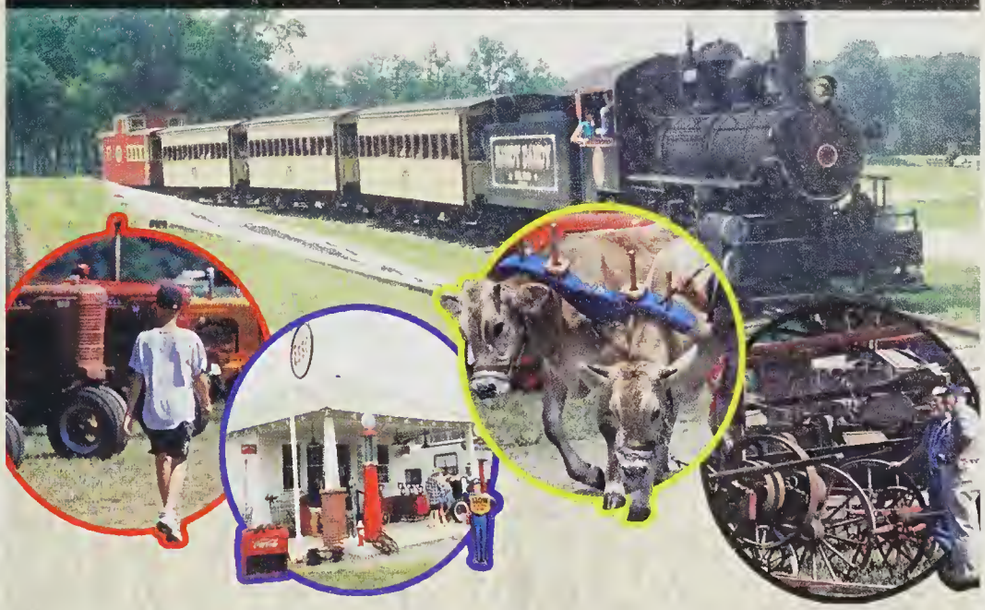
Limited Edition Giclée Print

"Cotton" Ketchie's
Landmark Galleries
212 N. Main Street
Mooresville NC 28115
704-664-4122 or 1-800-842-8604
www.landmark-galleries.com

Add $12 Shipping & Handling
NC residents add 7% Sales Tax

Advertiser 13

35th ANNUAL SOUTHEAST OLD THRESHERS' REUNION



JULY 1-5, 2005 • DENTON FARMPARK

Train rides, Arts & Crafts, Flea Market, Restored Old Buildings, Border Collie Demonstrations, Petting Farm, Auction, Horse Pull, Antique Tractor Pulls, and 100+ Acres of Music and Fun!

Denton FarmPark • 1072 Cranford Road
Denton, N.C. 27239 • (800) 458-2755
Admission: $12 Adults; Under 12 $6; Preschool Free
Camping Available • email: manager@threshers.com
Websites: www.threshers.com or www.eventdirectory.com or www.dentonnorthcarolina.com

Advertiser 14

3 Days Give Us And We'll Give You Centuries

ROWAN COUNTY
SALISBURY
NORTH CAROLINA
WHERE THE PAST IS STILL PRESENT

Rowan County Convention
& Visitors Bureau
204 E. Innes St., Suite 120
Salisbury, NC 28144
www.VisitSalisburyNC.com

Order our Visitor Guide CD
800.332.2343

Advertiser 15

Discover the beautiful, serene & simple treasures of nature relaxing far away from the crowds. McDowell County offers these sites & much more!

Blue Ridge Mountain Treasures

888.233.6111
www.mcdowellnc.org

Lake James • Gold & Gem Mines
Blue Ridge Parkway • Arts • Music • Crafts
Curtis Creek Recreation Area • Caverns
Waterfalls • Streams • Hiking • Cycling
Historic Orchard • Historic Sites & Museums

Advertiser 16

Come and Explore...

HICKORY
NORTH CAROLINA

"Your furniture shopping destination"

Centrally located in the foothills of the North Carolina mountains, Hickory is ideal! While adding to your furniture collection, stay an extra day or two and explore all of Hickory's wonderful historic, cultural and recreational attractions.

HICKORY METRO
CONVENTION AND VISITORS BUREAU

Toll Free 1.800.509.2444
www.hickorymetro.com

Advertiser 17

Relax In The "Coolest Valley In The Smokies"
Maggie Valley, NC.
"Elk Capital Of North Carolina"
Next To The Blue Ridge Parkway & Great Smokies National Park
Whitewater Rafting ◆ Hiking And Skiing ◆ Mountainbiking
Harrahs Casino ◆ Horseback Riding ◆ Bluegrass Music & Clogging
All This And More When You Choose To Stay In
The "Hub" Of Western North Carolina
Visit The Official Website Of The Maggie Valley Lodging Assoc.
WWW.VISITMAGGIE.COM

Advertiser 18

The Virginia Guide
to Arts & Crafts Shows For 2005
Over 100 Pages
-Over 500 detailed shaw listings
-Reader's Chaice: Tap 20 Favarite Virginia Shaws
-Application Pracedures/Attendance Figures
-Jury Pracedures/Jury Fees
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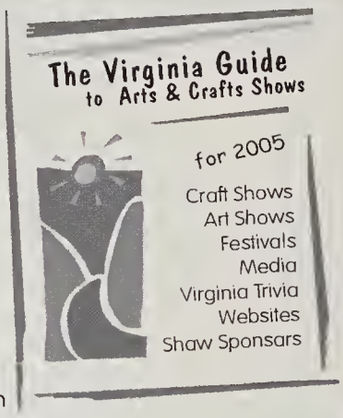
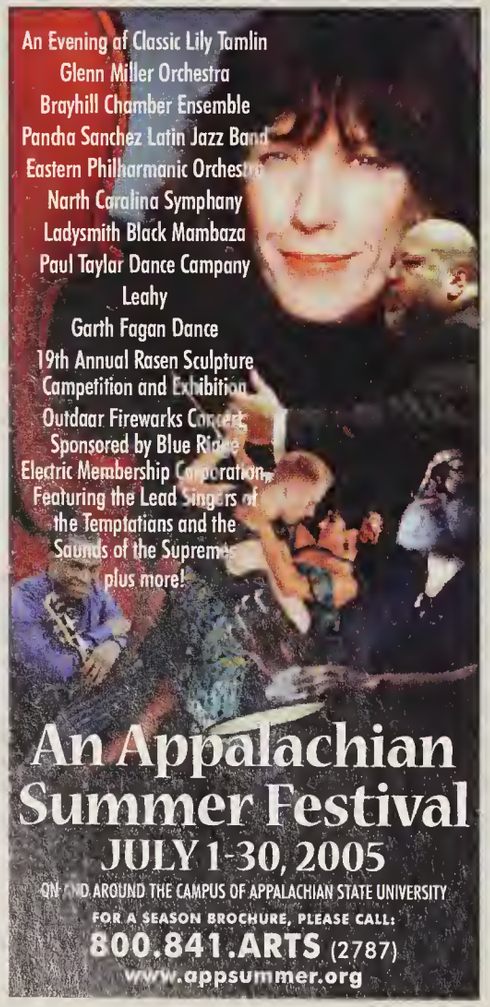
-BEST coverage of the Virginia Arts & Crafts Scene
The Virginia Guide only: $12.50
Four quarterly issues plus The Virginia Guide $30.00
Send Check or Money Order to:
Simply Virginia Inc., PO Box 248, Bridgewater, VA 22812
Toll Free 1-800-379-5956 E-mail tvg@simplyvirginia.com
The Commonwealth's favorite arts & crafts publication!



Advertiser 19

BOONE, NC
BOO!
GREAT SURPRISES
For a small meeting or personal getaway, in a modern hotel or mountain cabin,
the Boone Convention and Visitors Bureau can help.
Call 888-264-8085 or
www.visitBooneNC.com
There are 4 real seasons, and it's always 10°-15° cooler in Boone!
NORTH CAROLINA
BOONE
Stay with us in any season.
Ask for free BOO! Sticker!

Advertiser 20


An Evening of Classic Lily Tamlin
Glenn Miller Orchestra
Brayhill Chamber Ensemble
Pancha Sanchez Latin Jazz Band
Eastern Philharmanic Orchestra
Narth Caralina Symphany
Ladysmith Black Mambaza
Paul Taylar Dance Campany
Leahy
Garth Fagan Dance
19th Annual Rasen Sculpture Campetition and Exhibition
Outdaar Firewarks Concert
Sponsored by Blue Ridge Electric Membership Corporation
Featuring the Lead Singers of the Temptations and the Saunds of the Supremes
plus more!
An Appalachian Summer Festival
JULY 1-30, 2005
ON AND AROUND THE CAMPUS OF APPALACHIAN STATE UNIVERSITY
FOR A SEASON BROCHURE, PLEASE CALL:
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www.appsummer.org

Advertiser 21

Get lost in the mountains
Escape to our mountains.
Explore our backcountry.
Shop our quaint downtown.
Tap your foot to a fiddle tune.
Discover the world's 2nd oldest river.
Discover Blue Ridge Hospitality.
www.sparta-nc.com
800.372.5473
Alleghany County & Sparta, N.C.

Advertiser 22

Advertiser 23

Floating on Fun

Cherokee County, NC

Raft on rivers.
Boat, fish, ski
On sparkling lakes.
Ride a train.
Hike, bike, golf.
Sit back.
Marvel at
Forested mountains
That touch the sky.

www.cherokeecountychamber.com
828-837-2242

Advertiser 24

Cresting above 5,500 feet, Beech Mountain is a convenient, one-stop mountain getaway for anyone seeking summer excitement in a mild, comfortable climate. Up here, you'll be treated like a friend and neighbor from the moment you arrive. It's our way of making sure your stay is as enjoyable and worry-free as it can possibly be. So head on up Beech Mountain and leave the daily grind behind—your good spirits will thank you later.

ELEVATE YOURSELF.
Beech Mountain, North Carolina • 800-468-5506 • www.beechmtn.com

Beech Mountain
EASTERN AMERICA'S HIGHEST TOWN

Advertiser 25

CLAY COUNTY

Visit Clay County for the peace and quiet you deserve. You will find scenic beauty, friendly people and lasting values.

Clay County
Chamber of Commerce
Hayesville, NC 28904
www. claycounty-nc-chamber.com
828-389-3704

Advertiser 26

BIG LYNN LODGE

828-765-4257
800-654-5232
www.biglynnlodge.com

Panoramic Views, Full Dinner, Full Breakfast, & Lodging at One Low Price! Cabins, Rooms, & Condo's

Advertiser 27

Franklin N.C.
150th
1855-2005
ANNIVERSARY
Celebrating Our History

We've been waiting 150 years for you!

Sesquicentennial events planned Memorial Day & July 4th Weekends.

Call or visit us online today for free vacation information.

888.563.9218
www.franklin-chamber.com/cc

Advertiser 28

Unto These Hills

Drama of the Cherokee Indians

A cast of 130 re-enact the story behind the Cherokee Trail of Tears in our outdoor Mountainside Theatre.

Group Discounts Available
Nightly except Sundays • June 9 – August 20

Toll Free 866.554.4557
untothesehills.com

Oconaluftee

Indian Village

An authentic replica of an 18th century Cherokee community. Guides demonstrate and explain Cherokee history and culture.

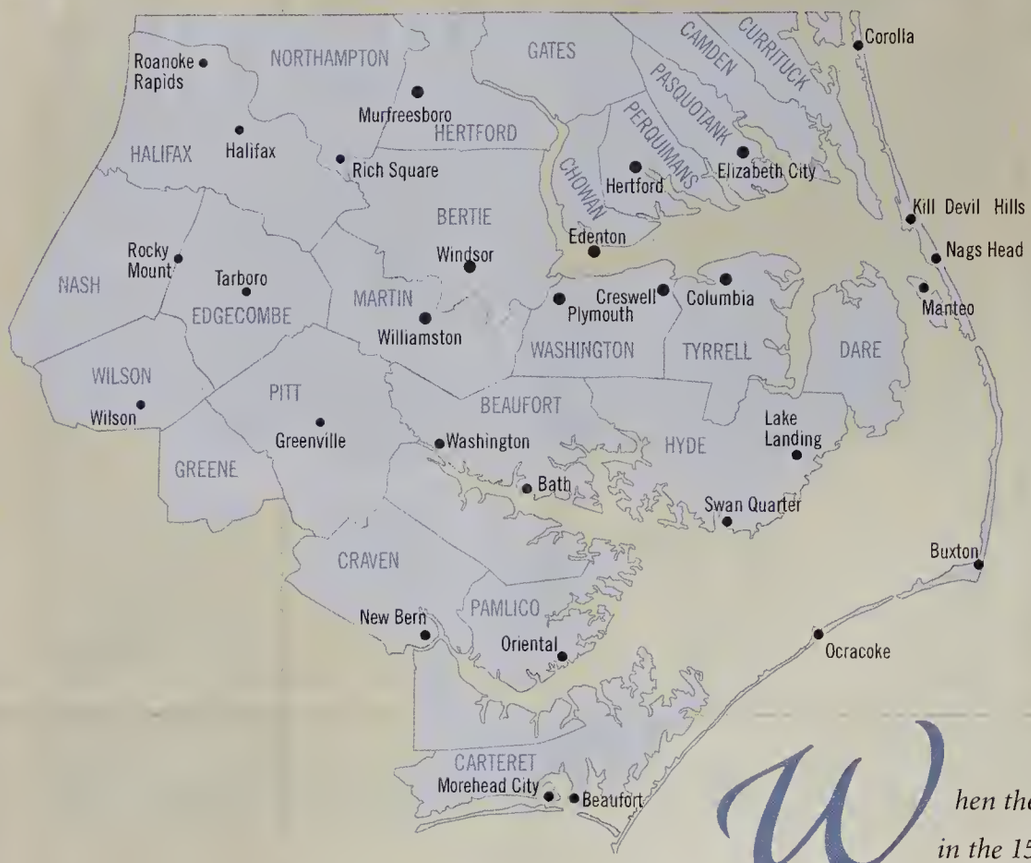
Group Discounts Available
May 15 – October 25

828.497.2111 or 828.497.2315
oconalufteevillage.com

US Hwy 441 North • Cherokee, NC 28719

Advertiser 29

Northern Coastland



When the English first tried to colonize this area in the 1580s, they learned right away from the local Indians that people can be happy, healthy and productive here. All it takes is an appreciation of the vast, changing natural environment, and cooperation among its inhabitants.

Outer Banks Visitors Bureau

Paddling the inland creeks of the coastland.

North Carolina's civilization as we know it began here, at Bath and New Bern, Halifax and Edenton, Murfreesboro and Tarboro. Organized farms began here, too, developing into elegant plantations and flowering, fruitful fields tended by both gentry and slaves whose families today take local civilization to new heights. Like the fields, the fisheries here have sustained society. So have the fortifications built to defend us. To save it all for the future we've seen public protection as intensive as it gets: the historic towns and buildings, waterfronts, barrier islands, dunes, the rivers to the sounds, the swamps, the Croatan National Forest and 10 national wildlife refuges.

All of this attracts us here to revel in its beauty and meaning. It lures millions of out-of-state visitors, too, including swans and geese. Somehow we get along naturally.

What's outside

North Carolina Division of Tourism, Film and Sports Development

The best surfing on the East Coast.

A Day at the Farm, west of New Bern.
Working farm with ponds, nature trails, educational activities, hayrides, animals.
(252) 514-9494
www.adayatthefarm.com

Albemarle Chesapeake Canal, Coinjock.
Historic section of the Atlantic Intracoastal Waterway that employs locks.
(252) 453-3625.
www.midwaymarina.com

Alligator River National Wildlife Refuge, Dare and Hyde counties.
152,000 acres with red wolf restoration program, wildlife tours, paddling and hiking trails.
(252) 473-1131
http://alligatorriver.fws.gov

Beaufort Historic Site.
Colonial restorations.
(252) 728-5225/(800) 575-SITE
www.historicbeaufort.com

Biking Pamlico.
Tours and trails throughout the region.
(252) 745-3008

Bodie Island Lighthouse, south of Nags Head.
National Park Service site with nature trails, wildlife viewing, educational information.
(252) 441-5711
www.outerbanks.com/bodielight

Bogue Inlet Fishing Pier, Emerald Isle.
Includes elevated observation deck.
(252) 354-2919
www.bogueinletpier.com

British Cemetery, Ocracoke.
Memorial to four British sailors.
(252) 928-7535

Buxton Woods Reserve, Buxton.
500-acre maritime forest, the largest in the state. Managed by the Div. of Coastal Management.
(919) 733-2293.

Cape Hatteras Lighthouse and Visitor Center.
Tallest lighthouse in the U.S.
National Park Service site open daily.
(252) 995-4474
www.hatteras-nc.com/light

Cape Hatteras National Seashore.
75 miles of undeveloped ocean beaches and soundside access points from Bodie Island south including Ocracoke Island.
(252) 473-2111
www.nps.gov/caha

Cape Lookout Lighthouse.
Reach it by boat or ferry. National Park Service site. Access to the ocean beach.
(252) 728-2250

Cape Lookout National Seashore, Harkers Island office.
56 miles of undeveloped ocean beaches and soundside access, from Ocracoke Inlet south, including Nore Core Banks, South Core Banks and Shackleford Banks. Accessible by boat only.
(252) 728-2250
www.nps.gov/calo

Cape Lookout Studies Program, Beaufort.
At North Carolina Maritime Museum,
(252)728-7317.
www.CapeLookoutStudies.org

Carrot Island/Rachel Carson Estuarine Reserve.
Across Taylor's Creek from the Beaufort waterfront.
(252) 728-2170
www.ncnerr.org/cerf

Cedar Island National Wildlife Refuge.
11,000 acres of brackish marsh and 3,480 acres of pocosin and woodland habitat located 40 miles northeast of Beaufort.
(252) 225-2511

Chicamacomico Lifesaving Station, Rodanthe.
Restored site, with reenactments in summer.
(252) 987-1552
www.chicamacomico.org

Columbia on the Scuppernong, Columbia.
Self-guided tour of 35-acre district.
(252) 796-2781

Corolla Wild Horses.
Horses roam Outer Banks north of Duck.
(252) 453-8152
www.corollawildhorses.com

Craven Creekside Park, New Bern.
Offers picnic areas, walking trails, canoes and kayaks.
(252) 636-6606

Croatan National Forest, southeast of New Bern.
Fishing, hunting, hiking, boat launch, paddling.
(252) 638-5628
http://ncnatural.com/NCUSFS/Croatan

Currituck Banks National Marine Estuarine Reserve.
More than two miles of state reserve inhabited by a variety of native wildlife of maritime forest. Open for hiking and beach activities. Foot and four wheel drive access only.
(252) 429-3100

Currituck Beach Lighthouse, Corolla.
Restored by Outer Banks Conservationists. Open to the public.
(252) 453-8152
www.currituckbeachlight.com

Currituck National Wildlife Refuge, Outer Banks north of Corolla.
4,103 acres includes beaches, shorebirds, raptors, turtles, dunes, maritime forest.
(252) 429-3100
http://mackayisland.fws.gov

Davenport Homestead, Creswell
Restored late 1700s home of Daniel Davenport, plus other period buildings.
(252) 793-1377

Dismal Swamp Canal Hiking/Biking Trail.
When completed, will provide 4.5-mile long paved trail through the woods on the banks of the Dismal Swamp Canal, from the Welcome Center to the Village of South Mills.
(252) 771-8333
www.DismalSwamp.com

Dismal Swamp Wetlands & Boardwalk Project.
Includes observation tower, biking, hiking, fishing, boating, hunting.
(252) 335-3375

Edenton Harbor, Edenton.
Dock your power or sail boat for a few hours or up to seven days while visiting the historic town.
(252) 482-7352
www.edentonmarina.com
www.townofedenton.com

Edenton National Fish Hatchery.
On hatchery grounds: aquarium, walking trail, ponds.
(252) 482-4118.

Edenton-Chowan Recreation Department, Edenton.
(252) 482-8595

Elizabethan Gardens, Roanoke Island.
A 10-acre memorial to English colonists, designed in Rennaissance style.
(252) 473-3234
www.elizabethangardens.org

Fort Branch Historic Site, east of Hamilton.
Confederate earthworks on the Rainbow Banks of the Roanoke River.
(800) 776-8566
www.fortbranchcivilwarsite.com

Fort Macon State Park. Off N.C. 58, outside of Atlantic Beach.
Public beach access, trails, picnic areas, plus the historic fort built after War of 1812.
(252) 726-3775
www.clis.com/friends
www.ils.unc.edu/parkproject/visit/foma/home.html

Fort Raleigh National Historic Site, Roanoke Island.
National Park Service site tells of Sir Walter Raleigh colonists and "The Lost Colony."
(252) 473-5772

Fort Totten Park, New Bern.
Family recreation park.
(252) 636-4060

Frisco Native American Museum & Natural History Center, Frisco.
Exhibits and nature trail through maritime forest.
(252) 995-4440.
www.nativeamericanmuseum.org

Glenburnie Park, New Bern.
51-acre park on Neuse River north of the city with boat ramp, walking trail, scenic vistas.
(252) 636-4137

Goose Creek State Park, Washington.
Offers boating, wildlife, camping, fishing.
(252) 923-2191
www.ils.unc.edu/parkproject/visit/gocr/home.html

Great Dismal Swamp National Wildlife Refuge.
111,000 acres of forested wetlands with only live peat bog on the continent. Includes 3,100-acre Lake Drummond. Biking, hiking, fishing, boating, hunting.
(757) 986-3705.
http://greatdismalswamp.fws.gov

Gull Rock Game Land, Hyde County.
31,000 acres managed by N.C. Wildlife Resources Commission. Hiking, boating, paddling, bird-watching.
(919) 733-7291
www.ncwildlife.org

Hammocks Beach State Park.
On undeveloped Bear Island near Swansboro with primitive camping, lifeguards and nature study. Free 25-minute ferry service from Memorial Day to Labor Day.
(910) 326-4881
www.ils.unc.edu/parkproject/visit/habe/home.html

Historic Albemarle Tour.
32 cultural and natural sites in 17 counties.
(800) 734-1117
www.historicnenc.com

Historic Halifax.
Restored buildings, exhibits and tours of the town that spawned America's independence in 1776.
(252) 583-7191

Jockey's Ridge State Park, Nags Head.
East Coast's highest sand dune.
(252) 441-7132
www.jockeysridgestatepark.com

NC Division of Parks and Recreation

Camping on Bear Island at Hammocks Beach State Park.

Knotts Island Ferry.
The way to Mackey Island National Wildlife Refuge.
(252) 232-2683
www.co.currituck.nc.us/KIFerry.html

Lake Landing Driving Tour.
Historic homes and farms in Hyde County.
(252) 926-9171/ (888) 493-3826

Lawson Creek Park, New Bern.
140-acre park with boat landings, trails, athletic fields.
(252) 636-4137

Mackay Island National Wildlife Refuge, adjacent to Knotts Island.
A small boat launch and 20 miles of canals and creeks available on Mackay Island Rd. Marsh and island trails for walking, biking, fishing and wildlife observation.
(252) 429-3100
http://mackayisland.fws.gov

Mariners' Wharf.
Acclaimed for the Elizabeth City Rose Buddies.
(252) 335-4365

Mattamuskeet/Swan Quarter National Wildlife Refuge.
50,000-acre home to migratory waterfowl and other species. Fishing, hunting.
(252) 926-4021

May Museum and Park, Farmville.
(252) 753-5814
www.farmville-nc.com

Medoc Mountain State Park, Halifax County.
2,287 acres, picnicking, canoeing, camping.
(252) 586-6588
www.ils.unc.edu/parkproject/visit/memo/home.html

Merchants Millpond State Park, U.S. 158 in Gates County.
3,246 acres with coastal pond and southern swamplands with fishing, camping, hiking, paddling.
(252) 357-1191
www.albemarle-nc.com/gates/millpond.htm

Missing Mill Park, Hertford.
Canoe launch site.
(252) 426-5695

Morehead City Fishing Center.
Charter fishing in the Cape Lookout region.
(800) 572-9209
www.mcfishcenter.com

Morningstar Nature Refuge, Williamston.
Private refuge. Tours by appointment only.
(252) 792-7788

Outer Banks Visitors Bureau

Windsurfing the sounds of the Outer Banks.

Nags Head Woods Preserve.
1,100-acre maritime forest and dunes maintained by Nature Conservancy and open to the public.
(252) 441-2525

National Cemetery, New Bern.
A military cemetery officially established in 1867. Many burials are reinterments of remains from the surrounding area that saw Civil War action, including Beaufort, Hatteras and locations along the coast. Over 1,000 unknowns are buried in a separate section.
(252) 637-2912

Neuse River Recreation Area, New Bern.
Known as Flanners Beach, 10 miles south of New Bern. Camping facilities, trails, water access. Open March through November.
(252) 638-5628

North Carolina Aquarium at Pine Knoll Shores.
Closed for expansion. Reopening spring 2006.
(252) 247-4003
www.aquariums.state.nc.us

North Carolina Aquarium on Roanoke Island.
68,000-square foot aquarium with a sound side nature trail and picnic area.
(252) 473-3494
www.aquariums.state.nc.us

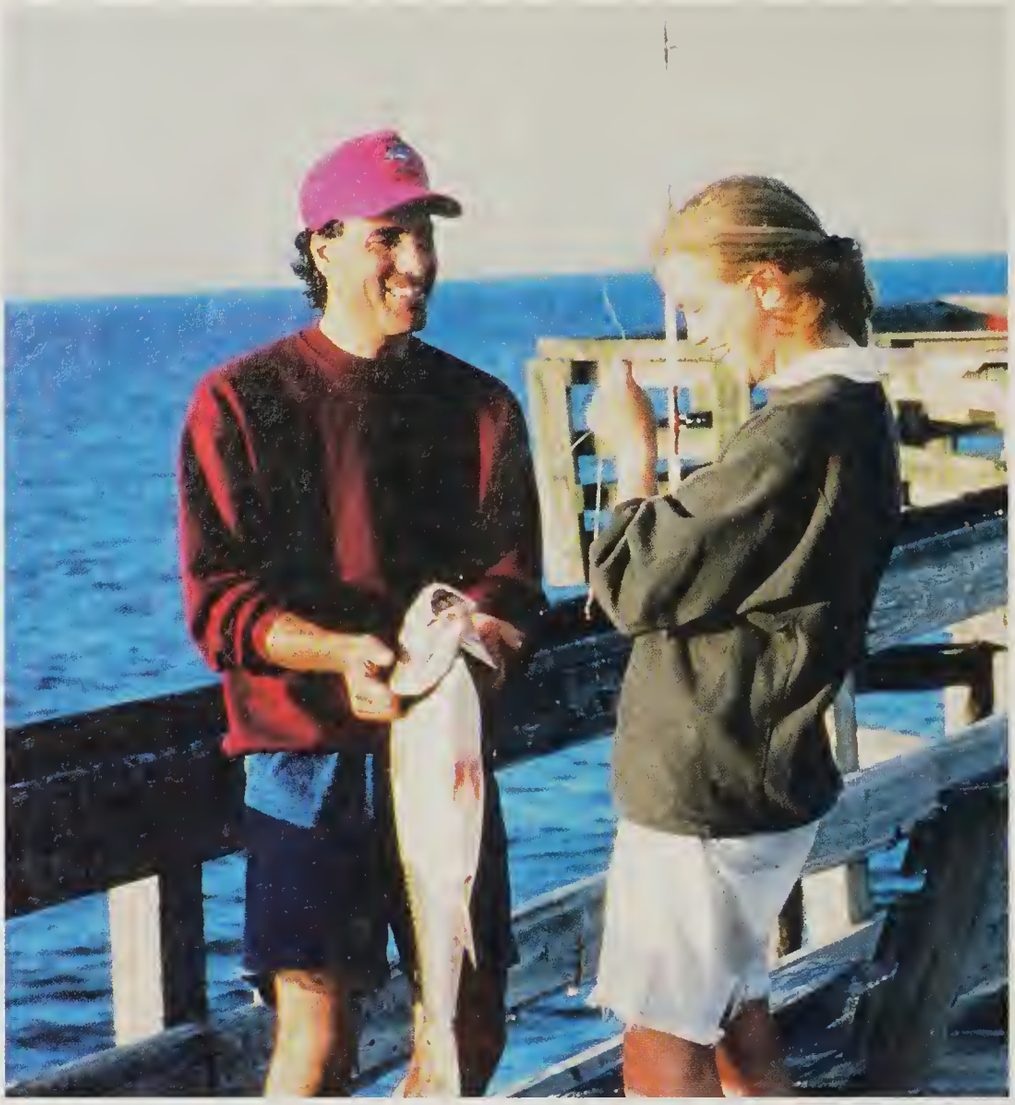
North Carolina Estuarium, Washington.
On the Pamlico River waterfront, exhibits focus on the state's estuary system, especially the Tar-Pamlico River and the Pamlico Sounds.
(252) 948-0000
www.partnershipforthesounds.org

Oceanana Pier, Atlantic Beach.
On the grounds of the Oceanana Resort.
(252) 726-0863
www.oceanana.com

Ocracoke Campground.
Run by the National Park Service.
(800) 365-CAMP

Ocracoke Lighthouse.
Oldest working lighthouse in the state, built in 1823, 75 feet tall.
(252) 928-7375

Outer Banks Visitors Bureau



There are 13 fishing piers extending into the ocean in Dare and Carteret counties.

Ocracoke Pony Pens.
About six miles from Hatteras ferry landing.
(252) 928-4531

Oregon Inlet Campground.
Run by the National Park Service.
(252) 473-2111

Oregon Inlet Fishing Center.
Center of sportfishing on the Outer Banks.
(800) 272-5199/(252) 441-6301

Paddle Trails of Pamlico County.
More than 150 miles of paddle-trails from Goose Creek Island to Oriental.
(252) 745-3008
www.pamlico-nc.com

Palmetto-Peartree Preserve, Columbia, Tyrrell County.
Managed by The Conservation Fund, the 9,700 acres are home to red-cockaded woodpecker.
(919) 967-2223
www.palmettopeartree.org

Partnership for the Sounds, Columbia.
Interpretive information about the natural and cultural features of the region.
(252) 796-1000
www.partnershipforthesounds.org

Pea Island National Wildlife Refuge.
Bird sanctuary.
(252) 473-1131
www.nc-outerbanks.com/pea.html

Pettigrew State Park, south of Creswell.
16,000-acre lake and surrounding land, that contains some of the state's last virgin forests. Boat launch, campsites, primitive and RV.
(252) 797-4475

Pocosin Lakes National Wildlife Refuge, Creswell/Columbia.
110,106 acres of unique habitat, wetland restoration, waterfowl management. Includes portions of Scuppernong and Alligator Rivers. Observe a variety of wildlife, natural vegetation and beauty. Restrooms, visitor center and a picnic area.
(252) 796-3004
http://pocosinlakes.fws.gov

Portsmouth Village.
Uninhabited 18th-century shipping village with buildings maintained by the National Park Service.
(252) 728-2250

River Park North, Greenville.
324-acre natural area of land and water with 1.2 miles fronting the Tar River; four lakes, fishing, hiking, picnicking, bird watching and a Science Nature Center.
(252) 329-5461

Roanoke Canal Trail.
7-mile trail follows the canal bed from Roanoke Rapids Lake to Lake Gaston.
(800) 522-4282
www.visithalifax.com

Roanoke Island Festival Park.
Elizabeth II State Historic Site, outdoor pavilion, nature boardwalk, walking tour.
(252) 475-1500
www.roanokeisland.com

Roanoke River Canoe Trail.
Seven platforms open for camping in Lower Roanoke Region.
(252) 798-3920/(252) 794-6501
www.roanokeriverpartners.org

Roanoke River National Wildlife Refuge, Bertie County.
17,500 acres in 19 counties. Wildlife management, hiking, paddling, fishing, hunting.
(252) 794-3808
http://roanokeriver.fws.gov

Roanoke/Cashie River Center, Windsor.
Coordinates river activities.
(252) 794-2001
www.partnershipforthesounds.org

Scuppernong River Interpretive Boardwalk, Columbia.
A wetlands walk.
(252) 796-0723

Shackleford Horses.
Wild horses protected on Shackleford Banks.
(252) 728-6308
www.shacklefordhorses.org

Shiloh Farm, Ayden.
1827 plantation house. Farm-oriented entertainment complex with demos and exhibits focusing on lost skills.
(252) 746-8017
www.shilohfarm-nc.com

Somerset Place, Creswell.
State Historic Site offers a glimpse of plantation life.
(252) 797-4560

Sportsmans Pier, Atlantic Beach
1,000-foot pier with shelters, running water, restaurant.
(252) 726-3176.
www.sportsmanspier.com

Sylvan Heights Waterfowl Center, Scotland Neck.
Houses one of the world's largest waterfowl collections. Environmental/waterfowl education center scheduled to open 2005.
(252) 826-3152
www.townofscotlandneck.com

Tarboro Historic District & National Recreation Trail.
45-block historic area with self-guided tour.
(800)-TARBORO
www.tarboro-nc.com

The Whalehead Club, Corolla.
Restoration of 1930s landmark with 28.5 acres open to public.
(252) 453-9040
www.whaleheadclub.com

Theodore Roosevelt State Natural Area, between Atlantic Beach & Pine Knoll Shores.
Includes nature trail through the remnants of an original maritime forest. N.C. Aquarium at Pine Knoll Shores located in the natural area.
(252) 726-3775

Triple "S" Fishing Pier, Atlantic Beach
1,000-foot pier with shelters, observation deck, on the grounds of Triple "S" Resort.
(252) 726-4170.
www.triplesresort.com

Tryon Palace Historical Sites and Gardens, New Bern.
Home of William Tryon, governor of the colony.
(800) 767-1560/(252) 514-4900
www.tryonpalace.org

Union Point Park, New Bern.
City park with public docks.
(252) 636-4060.

Veteran's Park on the Scuppernong, Columbia.
At the foot of the Scuppernong River Bridge. Visitors can relax in the gazebo, watch boats and feed the ducks.
(252) 796-6281
www.ncnortheast.com

Walter B. Jones, Sr. Center for the Sounds, Columbia.
Environmental education center for Pocosin Lakes National Wildlife Refuge.
(252) 796-3004.
http://pocosinlakes.fws.gov

Waterfront Park, Elizabeth City.
Provides spectacular view of Pasquotank River, includes playground, volleyball court, boat ramps and fishing.
(252) 338-3981
www.elizcity.com

Whalehead Club, Ocean Trail, Corolla.
Listed on the National Register of Historic Places with 28.5 acres open to public, boating, picnics, fishing.
(252) 453-9040
www.whaleheadclub.com

Wilson Rose Garden.
140 varieties.
(800) 497-7398
www.wilson-nc.com/50things.cfm

Wright Brothers National Memorial, Kill Devil Hills.
Site of first airplane flight. Visitor center, interpretative markers.
(252) 441-7430.
www.nps.gov/wrbr

NC Division of Parks and Recreation

Canoeing at Merchants Millpond State Park.

For more information local travel resources

Ahoskie Chamber.
(252) 332-2042

Aycock Brown Welcome Center, Kitty Hawk.
(252) 261-4644
www.outerbanks.org

Belhaven Community Chamber.
(252) 943-3770
www.belhavenchamber.com

Chowan County Tourism.
(252) 482-3400
www.www.chowancounty-nc.gov

Coast Host.
Information on attractions and accommodations.
www.coasthost-nc.com

Corolla/Currituck Chamber.
(252) 453-9497/(877) CURRITUCK
www.currituckchamber.org

Crystal Coast Tourism Authority.
(800) 786-6962/(252) 726-8148
www.crystalcoastnc.org
www.sunnync.com

Dare County.
(252) 475-5000
www.darenc.com

Dismal Swamp Canal Welcome Center, Camden County.
(252) 771-8333
www.DismalSwamp.com

Duck.
(252) 255-1234
www.townofduck.com

Eastern N.C. Chamber.
(919) 237-5151

Edenton-Chowan.
(252) 482-3400/(800) 775-0111
www.visitedenton.com

Elizabeth City Area Chamber.
(252) 335-4365
www.elizabethcitychamber.org
www.elizcity.com

Farmville Chamber.
(252) 753-4670

Gates County Manager.
(252) 357-1240

Greater Tyrrell County Chamber.
(252) 796-1996

Greenville/Pitt County CVB.
(800) 537-5564
www.visitgreenvillenc.com

Havelock.
(252) 447-1101
www.havelockchamber.net

Halifax County Tourism.
(800) 522-4282
www.visithalifax.com

Historic Albemarle Tour.
(800) 734-1117
www.historicnenc.com

Historic Bath Visitor Center.
(252) 923-3971
www.bath.nchistoricsites.org

Hyde County Chamber.
(252) 926-9171/(888) 493-3826
www.hydecounty.org

Kill Devil Hills.
(252) 449-5300
www.kdhnc.com

Kitty Hawk.
(252) 261-3552
www.townofkittyhawk.org

Lake Gaston Chamber and Visitors Center.
(252) 586-5711/(866) 730-5711
www.lakegastonchamber.com

Manteo.
(252) 473-2133
www.townofmanteo.com

Martin County Chamber.
(252) 792-4131
www.martincountync.com

Martin County Travel & Tourism.
(800) 776-8566
www.visitmartincounty.com

Murfreesboro Historical Association.
(252) 398-5922

N.C. Ferries.
(800) BY-FERRY
www.ncferry.org

N.C. Welcome Center.
(I-95 North).
(252) 537-9836

N.C. Welcome Center.
(I-85 North).
(252) 456-3236

Nags Head.
(252) 441-5508
www.townofnagshead.net

Nash County Visitors Bureau.
(800) 849-6825
www.RockyMountTravel.com

New Bern/Craven County Convention and Visitor Center.
(800) 437-5767
www.visitnewbern.com

Ocracoke NPS Visitor Center.
(252) 928-4531

Outer Banks Chamber.
(252) 441-8144
www.outerbankschamber.com

Outer Banks Visitors Bureau.
(877) 4629-4386/(252) 473-2138
www.outerbanks.org

Outer Banks Welcome Center on Roanoke Island.
(252) 473-2138/(877) OBX-4FUN
www.outerbanks.org

Pamlico County Visitor Center.
(252) 745-3008
www.pamlico-nc.com

Perquimans County Visitors Center.
(252) 426-5657
www.perquimans.com

Roanoke Valley Chamber.
(800) 522-4282
www.rvchamber.com

Rocky Mount.
(252) 972-1151
www.ci.rocky-mount.nc.us

Scotland Neck.
(252) 826-3152
www.townofscotlandnect.com

Southern Shores.
(252) 261-2394
www.southernshores-nc.gov

Swansboro.
(910) 326-1174
www.tourswansboro.com

Tarboro-Edgecombe Chamber.
(252) 823-7241
www.tarboro-nc.com

Tyrrell County Visitors Center.
(252) 796-0723

Washington County Tourism.
(252) 793-3248
www.washingtoncountync.com

Washington/Beaufort County Visitor Information.
(800) 999-3857
www.originalwashington.com

Wilson Visitors Bureau.
(252) 243-8440/(800) 497-7398
www.wilson-nc.com

Windsor/Bertie County Chamber.
(252) 794-4277
www.windsor-bertie.com

Outer Banks Visitors Bureau

Elizabethan Gardens on Roanoke Island.

Southern Coastland

You can't get much livelier than this. The rivers surely have something to do with it. So do the Air Force and the Marines. Maybe I-40 helps, too.

The real Ocean Highway (U.S. 17) takes us to the coastal communities and the region once known as Cape Fair. The crown jewel is the port town of Wilmington with its historic character and upscale waterfront. The area's best friends are families, and many have visited for generations. They head for Topsail, Wrightsville, Carolina and Kure on down to the South Brunswick Islands where you can actually see the sun set over the ocean.

Before they get there they see amazing lakes and some of the most productive places in North Carolina, the places that give us pork barbecue, the best turkey and all the fixings. The way to see it all is by paddling the rivers. Or by knowing someone from, say, Rose Hill, Green Swamp or White Oak.

N.C. Aquariums

Taking surfing lessons at N.C. Aquarium at Fort Fisher.

What's outside

Airlie Gardens, Wilmington, Off U.S. 74.
Encompasses 67 acres of gardens with 10 acres of freshwater lakes. Features include azaleas, camellias, statuary and the historic Airlie Oak.
(910) 798-7700
www.airliegardens.org

Arboretum at New Hanover County Cooperative Extension, Wilmington.
7 acres featuring a variety of plants that grow in the coastal area as well as emerging trends in plant material.
(910) 452-6393
www.arboretumnhc.org

Bald Head Island Lighthouse/ Smith Island Museum.
Built in 1817, it is North Carolina's oldest lighthouse. Retired in 1935 but open to the public for tours. Accessible by ferry.
(910) 457-7481

Bladen Lakes Educational State Forest, Elizabethtown.
Reforestation preserve with wilderness drives, trail, and public hunting.
(910) 588-4964

Brunswick Town & Fort Anderson State Historic Site, Winnabow.
Located on the Cape Fear River between Wilmington and Southport. Walk the grounds and view the colonial archaeological remains of the town of Brunswick and the earthen works of the Civil War fort, Fort Anderson.
(910) 371-6613
www.ah.dcr.state.nc.us/sections/hs/brunswic/brunswic.htm

Cabin Lake Recreational Park, Beulaville.
Offers camping, swimming, hiking, fishing.
(910) 298-3648

Carolina Beach Lake Park.
This 11-acre lake offers 4 gazebos, sheltered picnic area and playground equipment.
(910) 458-7416

Carolina Beach Pier.
700-foot pier with tackle shop, running water, restaurant.
(910) 458-5518

Carolina Beach State Park, U.S. 421.
Features fishing access, a camping area, miles of hiking trails that traverse a variety of distinct habitats—including the Venus flytrap, and a visitor's center.
(910) 458-8206
www.ils.unc.edu/parkproject/visit/cabe/home.html

Lynn Seldon

Hiking at Carolina Beach.

Cliffs of the Neuse State Park, Seven Springs.
751-acre riverfront park with boating, swimming, camping and a museum.
(919) 778-6234
www.ils.unc.edu/parkproject/visit/clne/home.html

CSS Ram Neuse State Historic Site and Richard Caswell Memorial, near Kinston.
Restored remains of Neuse ironclad vessel.
(252) 522-2091

Ev-Henwood Nature Preserve, Leland.
100-plus acre forest research station and nature preserve, walking trails. Call ahead for group tours.
(910) 253-6066

Fort Fisher Historic Site & Museum.
Remains of the Civil War earthen fort also includes museum.
(910) 458-5538
www.fortfisher.nchistoricsites.org

Fort Fisher State Recreation Area.
Ocean shore nature area. Venture into the mud flats and marshes to view birds, learn about endangered species. Loggerhead sea turtles, piping plovers and other rare species nest along this sandy shore.
(910) 458-5798
www.ils.unc.edu/parkproject/visit/fofi/home.html

Green Swamp Preserve, Supply.
15,000-acre nature conservancy that includes many varieties of plant life and wildlife, such as the 14 species of carnivorous plants including the Venus flytrap, the endangered red-cockaded woodpecker, black bear and bobcat. Call before visit for site information.
(910) 762-6277

Greenfield Park, U.S. 421 South, Wilmington.
150-acre lake and gardens include picnic areas, tennis courts, children's playground and a 4.9-mile multi-purpose trail with facilities.
(910) 341-7852
www.ci.wilmington.nc.us/prd/greenfield_park.html

Halyburton Memorial Park, Wilmington.
Contains a 58-acre nature preserve, a 1.5 mile walking and biking trail, picnic shelters and playground equipment, and a unique environmental education and events center.
(910) 343-4750
www.halyburtonpark.com

Holland Shelter Game Lands, Pender County.
At 50,000 acres, the largest state-controlled hunting preserve on the East Coast. Its game lands also contain rare and endangered species of plants, such as pitcher plants, venus fly traps, wild orchids, and boggy flora and fauna.
(919) 733-7291

Hugh MacRae Park, Wilmington.
Includes nature trail.
(910) 341-7181

Johnnie Mercer Pier, Wrightsville Beach.
After being destroyed in 1996 by Hurricanes Bertha and Fran the pier was rebuit and is the first all-concrete, steel-reinforced fishing pier in North Carolina.
(910) 256-2743

Jones Lake State Park, Elizabethtown.
Features an 8,000-foot-long bay. Boating, camping, hiking.
(910) 588-4550
www.ils.unc.edu/parkproject/visit/jone/home.html

Karen Beasley Sea Turtle Rescue & Rehab Center, Topsail Beach.
Cares for and releases sick and injured sea turles. Open to the public.
(910) 328-3377/(910) 328-1000
www.seaturtlehospital.org

Kure Beach Pier.
712 foot fishing pier recently restored.
(910) 458-5524
www.kurebeachfishingpier.com

Lake Waccamaw State Park, Columbus County.
1,732 acres park with boating, camping, fishing, hiking, picnicking.
(910) 646-4748
www.ils.unc.edu/parkproject/visit/lawa/home.html

Mason Inlet, Wrightsville Beach.
A protected bird sanctuary.
(910) 798-8376.
www.ncaudubon.org

Masonboro Island, off the coast of Wrightsville Beach.
Part of the N.C. National Estuarine Research Preserve.
(910) 962-2470
http://nerrs.noaa.gov/NorthCarolina

Moores Creek National Battlefield, Currie, US 421 north of Wilmington.
Remains of the Revolutionary War site. A 1-mile trail with wayside exhibits leads through the battlefield and across Moores Creek. The historic bridge site is located along the trail. Also offers a 0.3 mile colonial forest trail, and a picnic area.
(910) 283-5591
www.nps.gov/mocr

Neuseway Nature Park, Campground and Planetarium, Kinston.
55 acres on the Neuse River with camping, fishing, nature center. Free admission.
(252) 939-3367
www.visitkinston.com

North Carolina Aquarium at Fort Fisher.
93,000-square foot Aquarium with nature trail.
(910) 458-8257
www.aquariums.state.nc.us

Oak Island Nature Center & Register Park.
Overlooks marsh and intercoastal waterway, with live animals, touch tank, talking tree trail, walkway, picnic area.
(910) 278-5518

Orton Plantation Gardens, Winnabow, south of Wilmington on N.C. 133.
Former rice plantation featuring live oaks, magnolia, cypress and pine trees, camellia, annuals and rare flowering plants. The Orton House, c. 1725, can only be viewed on the garden tour as it is a private home.
(910) 371-6851
www.ortongardens.com

Poplar Grove Historic Plantation, U.S. 17 at Scotts Hill.
A farming family homestead, the outbuildings and crafts typical of an 1800s era working community.
(910) 686-9518
www.poplargrove.com

River Falls Park, Weldon.
Overlooks the rapids. Hiking and picnicking. Rockfish capital of the world.
(800) 522-4282

Singletary Lake State Park, Kelly.
Offers camping on 649-acres. Includes 572-acre lake.
(910) 669-2928

Southport Municipal Pier.
A small, handicapped-accessible pier near the mouth of the Cape Fear River
(910) 457-7927

Stoney Creek Greenway Trail, Goldsboro.
Part of N.C. Mountains-to-the-Sea Trail.
(919) 734-2245
www.greatergoldsboro.com

North Carolina Division of Tourism, Film and Sports Development

Deep sea charter boat fishing in the Gulf Stream.

TurnBull Creek State Forest, Elizabethtown.
Outdoor education workshops and ranger-conducted classes.
(910) 588-4161
http://www.dfr.state.nc.us/esf/tcesf/tcesf_home.htm

Wayne County Trail.
Part of N.C. Mountains-to-the-Sea Trail.
(919) 734-2245
www.greatergoldsboro.com

Waynesborough Historical Village, Goldsboro.
19th-century village, includes family home, medical office, one-room school, law office and Quaker Meeting House.
(919) 731-1653
www.wcpl.org/waynesborough.htm

Willow Dale Cemetery, Goldsboro.
Mass grave of 800 Confederate Civil War soldiers.
(919) 734-2245

Wilmington Riverwalk.
Follows the Cape Fear River.
(910) 341-7855
www.ci.wilmington.nc.us

North Carolina Division of Tourism, Film and Sports Development

River kayaking

Wrightsville Beach Parks.
Offers a kayak/canoe trail
(910) 256-7925
www.townofwrightsvillebeach.com

Zeke's Island, off Fort Fisher in the Cape Fear River.
Part of the N.C. National Estuarine Research Reserve.
(910) 962-2470
http://nerrs.noaa.gov/NorthCarolina

For more information local travel resources

Bald Head Island Information Center.
(800) 234-2441
www.baldheadisland.com

Beulaville
(910) 298-4647

Brunswick County, Shallotte.
(800) 426-6644/(910) 754-6644
www.brunswickcountychamber.org

Brunswick Islands, Shallotte.
(800) 795-7263
www.ncbrunswick.com

Cape Fear Coast CVB.
(Wilmington, Carolina Beach, Kure Beach, Wrightsville Beach)
(800) 222-4757/(910) 341-4030
www.gocapefearcoast.com

Columbus County Tourism.
(800) 845-8419/(910) 640-2818
www.discovercolumbus.org

Coast Host.
Information on attractions and accommodations.
www.coasthost-nc.com

Duplin County Marketing.
(800) 755-1755/(910) 296-2181
www.duplintourism.org

Elizabethtown-White Lake.
(910) 862-4368
www.elizabethtownwhitelake.com

Fair Bluff.
(910) 649-7202

Faison.
(910) 267-2721

Greater Chadbourn.
(910) 654-3445

Greater Goldsboro Travel & Tourism.
(919) 734-2245/(866) 440-2245
www.greatergoldsboro.com

Greater Hampstead Chamber.
(910) 270-9642/(800) 833-2483
www.hampsteadchamber.com

Greater Jacksonville-Onslow.
(910) 347-3141
www.jacksonvilleonline.org
www.onslowcountytourism.com

Greater Topsail Area.
(800) 626-2780
www.topsailcoc.com

Greater Whiteville.
(800) 538-2449/(910) 642-3171

Kenansville Area.
(910) 296-2180

Kenly Chamber.
(919) 284-5510
www.kenlynorthcarolina.com

Kinston CVB.
(800) 869-0032
www.visitkinston.com

Kinston-Lenoir County Chamber.
(252) 527-1131
www.commercekinstonlc.com

LaGrange.
(252) 527-1131

Mt. Olive Area Chamber.
(919) 658-3113
www.moachamber.com
www.ncpicklefest.org

N.C. Ferries.
(800) BY-FERRY
www.ncferry.org

Onslow County Tourism.
(800) 932-2144
www.onslowcountytourism.com

Pender County.
(Burgaw)
(910) 259-9817
www.visitpender.com

Pleasure Island.
(800) 222-4757/(910) 458-8434
www.gocapefearcoast.com

Rose Hill.
(910) 289-2721

Southeastern Welcome Center.
(910) 754-2505

Southport Visitor Center, Southport.
(910) 457-7927
www.cityofsouthport.com

Southport-Oak Island Area Chamber.
(800) 457-6964/(910) 457-6964
www.southport-oakisland.com

Tabor City.
(910) 653-2031

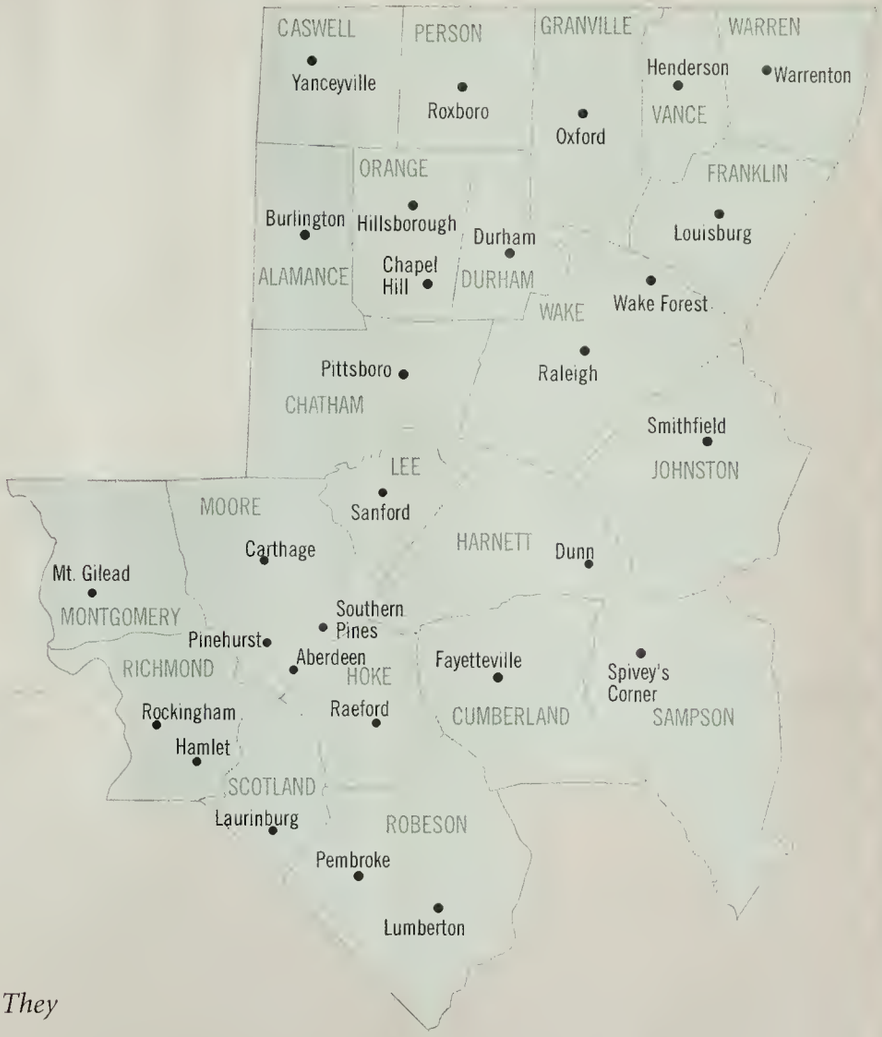
Wallace.
(910) 285-4044

Warsaw.
(910) 293-7814

Wayne County Chamber.
(919) 734-2241
www.waynecountychamber.com

Wrightsville Beach Visitors Center.
(800) 232-2469/(910) 256-8116
www.visitwrightsvillebeach.com

Eastern Piedmont



This is where you go to get smart. If you're already smart, you stay here. Why that is, nobody knows. Or maybe they haven't told anybody.

The best and the brightest planned Raleigh, Durham, Chapel Hill, RTP, Wake Forest, Sanford, Fayetteville, Pinehurst, Southern Pines, Aberdeen, Rockingham, Laurinburg and Lumberton. And they're still doing it. They give us art, music, government, medicine, research, military prowess and the best of golf and college basketball. These places even look bright.

In between them you see tranquility, from the Person County countryside to Jordan Lake's wellspring to Haw River's rapids through the Sandhills into Lumbee country.

Maybe the North Carolina accent is fading here. But if you look hard and listen—at a legislative committee hearing in the Lillington courthouse or at a Franklin County church supper, you'll understand where you are. This is the hub of North Carolina.

The Cape Fear River Trail links Fayetteville and Cumberland County to the East Coast Greenway which will run from Maine to Florida.

What's outside

Alamance Battleground State Historic Site, Burlington.
Site of the battle that ended the War of the Regulation.
(336) 227-4785
www.ah.dcr.state.nc.us/sections/hs/alamance/alamanc.htm

Averasboro Civil War Battleground & Museum.
March 1865 military action, highlights Lebanon, a plantation home used as a Confederate hospital, and the Chicora Cemetery.
(910) 891-5019
www.averasboro.com

B. Everett Jordan Lake. U.S. 64, between Raleigh and Pittsboro.
47,000-acre recreational lake.
(919) 362-0586

Bass Lake Park, Holly Springs.
Includes walking trail with scenic overlooks, free fishing gear for children, handicapped-accessible fishing pier, environmental programs, canoe rentals and more.
(919) 557-2496
www.hollyspringsnc.us

Bennett Place State Historic Site, Durham.
Meeting place for Civil War generals.
(919) 383-4345
www.ah.dcr.state.nc.us/sections/hs/bennett/bennett.htm

Bentonville Battleground, Four Oaks.
Site of N.C.'s largest land Civil War battle.
(910) 594-0789
www.bentonvillebattlefield.nchistoricsites.org

Bethesda Church and Cemetery, Aberdeen.
1790 historic church.
(910) 944-1319

Bicycle routes around Moore County.
Rentals and maps available.
(910) 692-3330

Burlington City Park.
Features 1910 Dentzel Menagerie Carousel, miniature train, amusement rides, aquatic and tennis center.
(336) 222-5030
www.burlingtoncitypark.8k.com

Cape Fear Botanical Garden, Fayetteville.
On 85 acres where the Cape Fear River and Cross Creek meet. Includes more than 2,000 varieties of perennials, annuals, native species, shrubs and trees.
(910) 486-0221
www.capefearbg.org

Kelly Seatley

Lumbee River State Park.

Cape Fear Canoe Trail.
Canoe through the history of the Cape Fear River.
(910) 892-3282

Cape Fear River Trail, Fayetteville.
3.7-mile paved trail, part of the East Coast Greenway.
(910) 433-1547

Carroll Howard Johnson Environmental Education Park, Fuquay-Varina.
1.5 to 2 miles of interpretive walking trails. Free teaching kits for K–12.
(919) 552-4947

Cedarock Historical Working Farm & Park, Burlington.
414-acre park and working farm.
(336) 570-6769/(336) 570-6760
www.alamance-nc.com/rec/historic.htm

Chatham County Bicycle Trails, Pittsboro.
Request a free map of the 200-mile system.
(800) 316-3829
www.visitpittsboro.com

Clark Park Nature Center, Fayetteville.
Second largest regional park in the city offers three trails along Cape Fear River.
(910) 433-1579

Clemmons Educational State Forest, Clayton.
The state's first educational forest with recreation, education, primitive camping.
(919) 553-5651
www.dfr.state.nc.us/esf/cesf/cesf_home.htm

Confederate Cemetery, Kittrell.
Resting place for 52 soldiers from Va., N.C., S.C., Ga.
(252) 438-2222

Cross Creek Cemetery, Fayetteville.
Contains oldest Confederate monument in N.C.
(910) 433-1612

Deep River Camelback Truss Bridge, near Deep River Park, Chatham County.
1908 bridge listed on National Register of Historic Places.
(800) 316-3829
www.visitpittsboro.com

Deep River Park, Gulf.
40 acres with picnic tables, canoe access and site of Historic Camelback Bridge.
(800) 316-3829
www.visitpittsboro.com

Devil's Stompin' Ground Road, Chatham County.
On NC Scenic Byway (NC-902). Named from a local legend nearby. Leads to Bear Creek, where one can tour the home of Southern Supreme bakery. Begins in Pittsboro.
(919) 733-2920/(800) 429-9297/(800) 316-3829
www.byways.org/browse/byways/12816

Duke Forest, Durham.
8,300-acre natural area and environmental laboratory.
(919) 613-8013
www.env.duke.edu/forest

Duke Homestead and Tobacco Museum, Durham.
Ancestral home of the Duke family.
(919) 477-5498
http://metalab.unc.edu/dukehome

Duke University East Campus Walking Trail, Durham.
60-minute self-guided tour of Duke's old campus and historic neighborhoods.
www.owdna.org/tour.htm

Dunn-Erwin Trail.
5.3-mile bicycle and walking trail stretching from Dunn to Erwin.
(910) 892-3282

Eno River State Park/West Point on the Eno, North Durham.
2,600 acres. Five access areas: Cabe Lands, Cole Mill, Few's Ford, Pleasant Green and Pump Station. Canoeing, fishing, hiking.
(919) 383-1686
http://ils.unc.edu/parkproject/visit/enri/home.html

Falls Lake, northwest of Raleigh.
12,000-acre lake; 26,000 acres of woodlands. Recreation areas include: Beaverdam, B.W. Wells, Highway 50, Holly Point, Rolling View, Sandling Beach and Shinleaf.
(919) 676-1027

Fayetteville Rose Garden.
On FTCC campus.
(910) 678-8288

Flora Macdonald Campus and Gardens, Red Springs.
10 acres known for azaleas in Spring.
(910) 843-5000

Fox Pond Park, Henderson.
Offers tennis courts, softball/baseball fields, playground, horseshoes, shuffleboard, volleyball, picnic area, nature trails.
(252) 431-6095
www.ci.henderson.nc.us

Fuquay Mineral Spring Park, Fuquay-Varina.
Site of the natural spring which led to development of the Fuquay Springs community.
(919) 552-4947

Harper Park, Knightdale.
Offers tennis courts, picnic shelters, children's park with playground.
(919) 266-2232

Haw River, Pittsboro.
Canoe and kayak instruction, other watersports.
(800) 316-3829
www.visitpittsboro.com

Haw River Trail.
38 miles of flat water canoeing through the heart of Alamance County.
(336) 513-5510
www.hawrivertrail.org

NC Division of Parks and Recreation

Fly fishing on Big Lake at William B. Umstead State Park.

Hill Ridge Farms, Youngsville
Playground, hayrides, fish feeding dock, petting zoo, train, picnic areas offered.
(800) 358-4170
www.hillridgefarms.com

Howell Woods, Johnston County.
Donated to Johnston Community College in 1993, 2,800 acres of an "outdoor classroom."
(919) 938-0115
www.johnstoncc.edu/information/howellwoods/howellwoods.htm

Hyco Lake, northwest of Roxboro.
3,750-acre lake with 65-acre park, camping, picnic areas, fishing, swimming, boating.
(336) 599-4343

J.C. Raulston Arboretum at N.C. State, Raleigh.
Nationally-acclaimed garden with diverse plant collection adapted for use in the southeastern United States.
(919) 515-3132
www.ncsu.edu/jcraulstonarboretum/

Jordan Lake Educational State Forest, Chapel Hill.
400 acres of Piedmont forest, wildlife, programs, talking tree trail, picnic areas.
(919) 542-1154
www.dfr.state.nc.us/esf/jlesf/jlesf_home.htm

Jordan Lake State Recreation Area, Pittsboro.
13,900-acre lake with 9 recreation areas, sail, swim, waterski, bike, hike, bird watch, children's and family events.
(919) 362-0586/(800) 316-3829
www.ils.unc.edu/parkproject/visit/jord/home.html

Kerr Lake State Recreation Area.
50,000 acres, stretches across N.C./Va. Border, 700 campsites, fishing, swimming and sailing, marinas, fishing pier, picnic shelters, community buildings.
(866) 438-4565/(252) 438-7791/(252) 438-2222
www.kerrlake-nc.com

Knightdale Environmental Park.
Offers a half-mile walking trail, picnic shelters, four environmental sculptures and two observation overlooks.
(919) 266-2230

Lake Benson Park, Garner.
64-acre park with lake, walking trails, playground and picnic shelters.
(919) 772-4688

Lake Crabtree County Park, Morrisville.
Hiking trails, playground, picnic, boat rentals, fishing pier.
(919) 460-3390
www.wakegov.com/locations/lakecrabtree.htm

Lake Wheeler, south of Raleigh.
Raleigh's second auxiliary water supply included in 800 acres.
(919) 662-5704
www.raleighnc.org/parks&rec/wheeler

Little River Regional Park and Natural Area, Orange and Durham Counties.
14 miles of walking and mountain biking trails.
(919) 732-5505

Lumber River State Park, Orrum.
115 miles of state scenic waters.
(910) 628-9844
www.ils.unc.edu/parkproject/visit/luri/home.html

Malcolm Blue Farm and Museum, Aberdeen.
Antebellum farm on National Register of Historic Places.
(910) 944-7558
www.malcolmbluefarm.org

Martin Luther King Jr. Memorial Gardens, Raleigh.
First public park in U.S. solely dedicated to the memory of Dr. Martin Luther King Jr.
(919) 834-6264
www.king-raleigh.org

Mayo Park, northeast of Roxboro.
Offers hiking trails, picnic tables, camping, cabins, canoes, kayaks, fishing.
(336) 597-1755

Montrose Gardens, Hillsborough.
Nationally-known 19th century gardens.
(919) 732-7787

Mordecai Historic Park, Raleigh.
Home of Andrew Johnson's (17th president of the U.S.) birthplace.
(919) 834-4844
http://capitalareapreservation.org/park.html

Noah's Landing.
12-acre animal farm open to public and field trips.
(910) 897-NOAH (6624)

North Carolina Botanical Garden, Chapel Hill.
Largest natural botanical garden in southeast.
(919) 962-0522
www.ncbg.unc.edu

Chapel Hill/Orange County Visitors Bureau

Mountain Habitat Garden at the North Carolina Botanical Garden in Chapel Hill.

Camping at Eno River.

Parrish Womble Park, Holly Springs.
46-acre park features athletic complex with lighted baseball/softball fields, multi-purpose field, soccer fields, horseshoe pits, volleyball court, picnic shelters, outdoor stage and multi-purpose playground.
(919) 557-9600
www.hollyspringsnc.us

Piedmont Community College Nature Trail, north of Roxboro.
7 trails cover 2.5 miles.
(336) 599-1181, ext. 257

Pullen Park, Raleigh.
Features a restored 1911 Dentzel carousel, paddle lake, miniature train, children's playground, picnic shelters.
(919) 831-6468

Raven Rock State Park, Lillington.
Offers hiking, horseback riding, canoeing, fishing, camping, picnicking.
(910) 893-4888
www.ils.unc.edu/parkproject/visit/raro/home.html

Sandhills Gamelands.
More than 30,000 acres in Richmond and Scotland counties.
(919) 281-3917

Sandhills Horticultural Garden, Pinehurst.
Includes largest holly garden on East Coast, roses, conifers, rhododendron and azaleas; native wetland trail and formal English garden.
(910) 695-3882/(919) 692-6185
www.sandhills.cc.us/lsg/hort.html

Sarah P. Duke Gardens, at Duke University, Durham.
55 landscaped areas.
(919) 684-5579
www.hr.duke.edu/dukegardens

Southern Pines Reservoir Park.
More than 4 miles of hiking and biking trails.
(910) 692-2463

The House in the Horseshoe State Historic Site, near Carthage.
Colonial plantation complex.
(910) 947-2051
www.ah.dcr.state.nc.us/sections/hs/horsesho/horsesho.htm

The Maze, Dunn.
Large puzzle of twists and turns carved into a Dreamfield Farms cornfield. Open Sept.–Thanksgiving.
(910) 892-3047

Town Creek Indian Mound State Historic Site, near Mt. Gilead.
500-year-old burial site, demonstrations, festivals, museum.
(910) 439-6802
www.ah.dcr.state.nc.us/sections/hs/town/town.htm

University Lake, Chapel Hill.
213-acre lake. 811-foot-long dam. Fishing, kayaking, sunbathing.
(919) 942-8007
www.owasa.org

Uwharrie Lakes Region Scenic Byways.
From U.S. 64/N.C. 49 in Asheboro, follow N.C. 49 through the geologic area known as the "Carolina Slate Belt" southwest toward Concord.
(704) 422-3215
http://www.doh.dot.state.nc.us/operations/dp_chief_eng/roadside/scenic/

Uwharrie National Forest/Birkhead Wilderness Area. N.C. 24/27, west of Troy.
Ancient mountains include Badin Lake, trails, hiking, biking, horseback riding, camping.
(910) 576-6391
www.cs.unca.edu/nfsnc

Weymouth Woods Nature Preserve, Southern Pines.
600 acres of natural areas, plus hiking trails.
(910) 692-2167
www.ils.unc.edu/parkproject/visit/wewo/home.html

William B. Umstead State Park, Raleigh.
5,439-acre park with three lakes. Stand of 300-year-old hardwoods. Camping and cabins, fishing, 16 miles of biking/bridle trails, and 16 miles of hiking trails.
(919) 571-4170
www.ils.unc.edu/parkproject/visit/wium/home.html

Willow Pond Farmstead, Coats.
Farming operation, nature trails, hayrides, tobacco barn museum, ponds stocked with fish, paddleboats.
(910) 897-2975
www.willowpondfarmstead.com

Yadkin-Pee Dee River Trail.
233-mile Class I trail.
(704) 422-3215

For more information local travel resources

Angier.
(919) 639-2500
www.angierchamber.org

Apex Chamber.
(919) 362-6456/(800) 345-4504
www.apexchamber.com

Benson Chamber.
(919) 894-3825
www.benson-chamber.com
www.bensonmuledays.com

Burlington/Alamance CVB.
(800) 637-3804/(336) 570-1444
www.burlington-area-nc.org

Capital Area Visitor Center.
(919) 733-3456

Cary Chamber.
(919) 467-1016
www.townofcary.org
www.carychamber.com

Caswell County Chamber.
(336) 694-6106

Chapel Hill/Orange County Visitors Bureau.
(888) 968-2060/(919) 968-2060
www.chocvb.org

Chapel Hill-Carrboro Chamber.
(919) 967-7075
www.carolinachamber.org

Clayton Chamber.
(919) 553-6352
www.claytonchamber.com

Clinton-Sampson County.
(910) 592-6177

Dunn Area Tourism Authority.
(910) 892-3282
www.dunntourism.org
www.visitDunn.com

Durham CVB.
(919) 687-0288/(800) 446-8604
www.durham-nc.com

Erwin Area.
(910) 897-7300
www.erwinchamber.com

Fayetteville Area CVB.
(800) 255-8217/(910) 483-5311
www.visitfayettevillenc.com

Franklin County.
(919) 496-3056
www.franklin-chamber.org

Fuquay-Varina Area.
(919) 552-4947
www.fuquay-varina.com

Garner Chamber.
(919) 772-6440
www.garnerchamber.org

Garner.
(919) 772-4688
www.ci.garner.nc.us

Granville County Chamber.
(919) 693-6125/(919) 528-4994
www.granvillecountyonline.com

Greater Durham Chamber.
(919) 682-2133
www.durhamchamber.org

Greater Raleigh Chamber.
(919) 664-7000
www.raleighchamber.org

Greater Raleigh CVB.
(800) 849-8499/(919) 834-5900
www.visitraleigh.com

Hillsborough/ Orange County Chamber.
(919) 732-8156
www.hillsboroughchamber.com

Historic Hillsborough
(919) 732-7741
www.historichillsborough.org

Holly Springs Town Hall.
(919) 552-6221
www.hollyspringsnc.us

Hope Mills.
(910) 423-4314
www.hopemillschamber.com

Johnston County Visitors Bureau.
(800) 441-7829
www.johnstoncountync.org

Knightdale Chamber.
(919) 266-4603/(919) 217-2211
www.knightdalechamber.org
www.ci.knightdale.nc.us

Laurinburg/ Scotland County Area.
(910) 276-7420

Lillington Area.
(910) 893-3751
www.lillington.org

Lumberton Visitors Bureau.
(800) 359-6971/(910) 739-9999
www.lumberton-nc.com

Montgomery County.
(910) 572-4300
www.montgomery-county.com

Morrisville.
(919) 380-9026
www.morrisvillenc.com

Pembroke.
(910) 521-9758

Person County Tourism.
(336) 597-2689
www.visitroxboronc.com

Pinehurst, Southern Pines and Aberdeen Area CVB.
(800) 346-5362/(910) 692-3330
www.homeofgolf.com

Pittsboro-Siler CVB.
(800) 316-3829
www.visitpittsboro.com

Raeford-Hoke.
(910) 875-5929

Red Springs.
(910) 843-5441

Richmond County Chamber, Rockingham.
(800) 858-1688/(910) 895-9058
www.richmondcountychamber.com

Rolesville Town Hall.
(919) 556-3506
www.ci.rolesville.nc.us

Roxboro Area Chamber.
(336) 599-8333
www.roxboronc.com

Saint Pauls.
(910) 865-4179

Sandhills Area Chamber.
(910) 692-3926
www.sandhillsonline.com

Sanford Area.
(919) 775-7341

Smithfield-Selma Area Chamber.
(919) 934-9166
www.smithfieldselma.com

Spring Lake.
(910) 497-8821

Vance County Tourism Department (Henderson).
(866) 438-4565/(252) 438-2222
www.kerrlake-nc.com

Wake Forest Area.
(919) 556-1519
www.wakeforestnc.com

Warren County EDC.
(252) 257-3114
www.warrencountync.org

Wendell.
(919) 365-6318
www.wendellchamber.com

Yadkin-Pee Dee Lakes Project.
(704) 422-3215
www.lakesproject.org

Zebulon.
(919) 269-6320
www.zebulonchamber.org

NC Division of Parks and Recreation

Jordan Lake State Recreation Area.

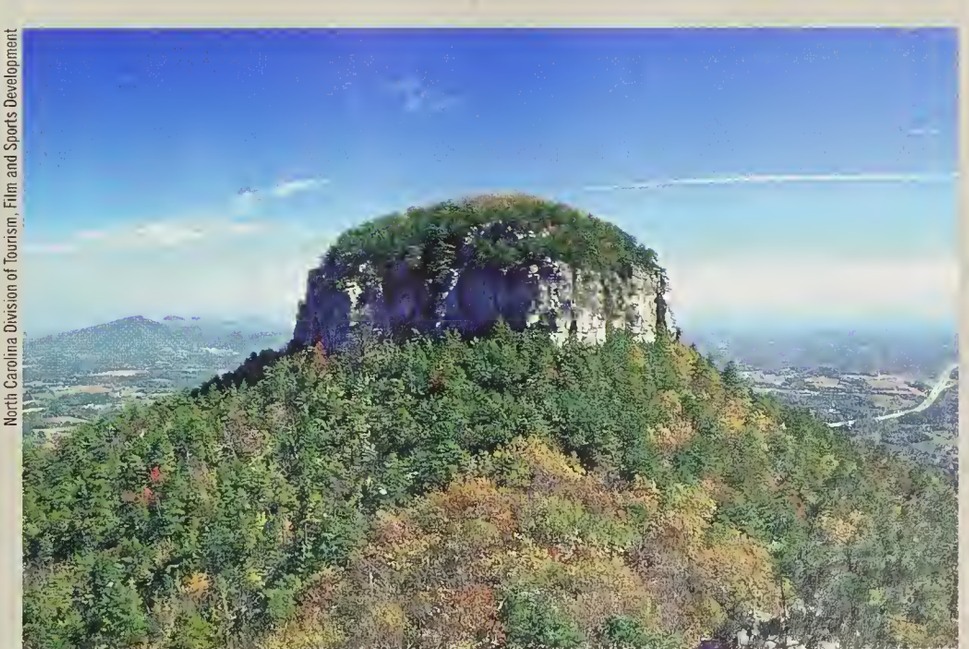
Western Piedmont

North Carolina's heart is here. Settled by kind, gentle and enterprising people such as Moravians, Quakers and Scots-Irish, this region has refined us all. Like the gold discovered here in 1799 and minted here in 1865, the region is polished and shining.

We see unrivaled furniture, granite, ceramic and performing arts. We taste the best shortbread, barbecue and, if you know where to look, a real sonker. We know it all comes from the kindhearted communities that gave rise to the image of Mayberry.

The pulse emanates from the cities: young and lively Greensboro, moving and shaking High Point, elegant Winston-Salem, solid Salisbury, and the Queen City of Charlotte. Their foundation comes from the outlying communities, their eager heirs.

Because of the shine, you can't miss this place.



North Carolina Division of Tourism, Film and Sports Development

Pilot Mountain State Park.

What's outside

Asheboro City Lake.
Offers picnic areas, hiking, boating, fishing.
(336) 626-1240

Badin Lake, Badin.
A popular setting for many different recreation activities, including camping, hiking, fishing, boating and hunting.
(800) 650-1476

Bicentennial Gardens, Greensboro.
Long-time favorite with flowering and deciduous trees, shrubs and annual beds.
(336) 373-2199
www.greensborobeautiful.org

Boone's Cave Park, Near N.C. 150, Lexington.
Once home to Daniel Boone. Overlooks Yadkin River, hiking trails, picnic shelter.
(336) 242-2035

Bryan Park, U.S. 29, Browns Summit.
On southern shore of 1,500-acre Lake Townsend.
(336) 375-2222
www.bryanpark.com

Cane Creek Park, Waxhaw.
1,050-acre park surrounding a 350-acre lake, offering fishing, boating, swimming, camping, hiking, biking and horse trails.
(704) 843-3919
www.co.union.nc.us/gov_offices/parks/parks.htm

City Lake Park, High Point.
Offers boating, fishing, paddle boats, picnic areas with shelters, fishing boat and canoe rentals, amusement rides, train, waterslide, largest swimming pool in the state and site of annual "Day in the Park."
(336) 887-2511

Civil War Cemetery, Thomasville.
The nation's only Civil War cemetery where Federal and Confederate soldiers are mixed in a single gravesite.
(336) 472-4422/(800) 611-9907
www.thomasvilletourism.com

Creekside Park, Archdale.
Includes tennis courts, indoor and outdoor basketball courts, children's playground, shelters, walking trails, ball fields and full recreation center.
(336) 431-1117

Crowders Mountain State Park.
US 29/74, located in Gaston County between Gastonia and Kings Mountain.
(704) 853-5375
www.ncsparks.net

Dan Nicholas Park, Salisbury.
450-acre park with trails, campground, 10-acre lake, picnic shelters, miniature train and carousel.
(704) 636-2089/(704) 636-0165/(866) 767-2757
www.co.rowan.nc.us/parks/dnp

Daniel Stowe Botanical Garden, Belmont.
Named one of the nations 20 Great Gardens in HGTVs popular book, Flower Gardening. Located on 450 acres along the banks of Lake Wylie.
(704) 825-4490
www.stowegarden.org

Denton Farm Park, Denton.
Historical farm park open three times per year for a bluegrass festival (May 5–7), Southeast Old Thresher's Reunion (July 1–5), and Horse & Mules Days (Oct. 28–30).
(800) 458-2755
www.threshers.com

Eagle Point Nature Preserve at High Rock Lake, near Salisbury.
200-acre natural area with 4.5 miles of trails on remote part of High Rock Lake.
(866) 767-2757
www.co.rowan.nc.us/parks/eagle_point/eagle_point_nature_preserve.htm

Finch Park, Lexington.
Walking trails, picnic shelters, ball fields.
(336) 248-3960

Frank Liske Park, Concord.
Featuring a nine-acre lake, fishing, boating, hiking, playgrounds, and athletic fields
(704) 920-2700

Freedom Park. Charlotte.
A 7-acre lake, an amphitheater, picnic shelters, walking trails/paths, a playground, and athletic fields.
(704) 336-2884

Greensboro Arboretum.
Nine different labeled plant collections and garden displays in a 17-acre setting.
(336) 373-2199
www.greensborobeautiful.org

Greenway Trail, High Point.
Wide, paved trail for walking and bicycling.
(336) 883-3473

Guilford Courthouse National Military Park, Greensboro.
Site of Revolutionary War battle, 220 acres of trails.
(336) 288-1776
www.nps.gov/guco

NC Division of Parks and Recreation

Lake Norman State Park.

NC Division of Parks and Recreation

Hanging Rock State Park.

Hanes Park.
Largest park in Winston-Salem.
(336) 727-2137

Hanging Rock State Park, N.C. 89, north of Winston-Salem.
Largest state park in Piedmont offering boating, fishing, camping, hiking, picnicking, rock climbing and swimming
(336) 593-8480
www.ils.unc.edu/parkproject/visit/haro/home.html

High Point Museum & Historical Park.
1754 Hoggatt and 1786 Haley Houses.
(336) 885-1859
www.highpointmuseum.org

High Rock Lake, Davidson & Rowan counties.
15,000-acre reservoir on the Yadkin River. Hike or canoe the Yadkin River Trail. Site of numerous bass fishing tournaments.
(800) 332-2343/(336) 236-4218

Historic Bethabara Park, Winston-Salem.
First Moravian settlement.
(336) 924-8191
www.bethabarapark.org

Historic National Cemetery, Salisbury.
Former military prison site and national cemetery.
(704) 638-3100
www.salisburyprison.org

Horne Creek Living Historical Farm, Pinnacle.
Recreates life and work of 1900–1910.
(336) 325-2298
www.ah.dcr.state.nc.us/sections/hs/horne/horne.htm

Hurley Park, Salisbury.
14-acre arboretum park with woodlands, streams, gardens and pathways.
(704) 638-5291
www.salisburync.gov/pkrec

Jaycee and County Parks, Greensboro.
Offers tennis, baseball, softball, fishing and trails.
(336) 545-5343

Kings Mountain National Military Park.
Site of major Revolutionary War battle.
(704) 867-1181
www.nps.gov/kimo

Lake Norman.
Offers boating, camping, fishing, hiking, mountain biking, picnicking and swimming.
(704) 333-7547

Lake Tillery, Norwood.
5,000-acre lake offers fishing, canoeing, camping, hiking, picnic areas.
(800) 650-1476/(704) 982-8116

Latta Place/Latta Plantation Nature Preserve, Huntersville.
1800s plantation house and grounds.
(704) 875-2312
www.lattaplantation.org

Maize Adventure, High Point.
Seasonal 10-acre corn maze.
(336) 431-1700
www.maizeadventure.com

McCulloch Gold Mill, High Point.
19th century Cornish castle built as a gold refinery. Gold and gem panning available.
(336) 887-5413
www.castlemcculloch.com

McDowell Nature Preserve, Off NC 49 South.
1,108 acres of hardwood forests, open fields and streams.
(704) 588-5224

Mendenhall Plantation, Jamestown.
Early 19th-century Quaker plantation.
(336) 454-3819

Moorehead Memorial Park, Albemarle.
Athletic fields, a playground, swimming pool, nature trail and picnic shelter.
(704) 984-9560

Morrow Mountain State Park. NC 740, near Albemarle.
Offers boating, fishing, camping, hiking, picnicking and swimming.
(704) 982-4402
www.ils.unc.edu/parkproject/visit/momo/home.html

N.C. Transportation Museum, Spencer.
57-acre site formerly Southern Railway's steam locomotive repair facility. Train ride, antique cars, restored roundhouse.
(704) 636-2889
www.nctrans.org

North Carolina Vietnam Veteran's Memorial Park.
Off I-85, exit 102, one mile south of Thomasville.
(336) 472-4422/(800) 611-9907
www.thomasvilletourism.com

North Carolina Zoological Park, Asheboro.
Natural environment zoo including about 1,100 specimens representing about 250 different species of mammals, reptiles, birds and insects.
(800) 488-0444
www.nczoo.org

Oak Hollow Lake Park, High Point.
Concert and picnic area overlooking the lake. Special events throughout the year.
(336) 883-3494

Old Salem, Winston-Salem.
18th- and 19th-century living history Moravian town.
(888) 348-5420
www.oldsalem.org

Pee Dee National Wildlife Refuge, Hwy. 52 north of Wadesboro.
More than 8,000 acres are home to 180 bird species, 49 amphibian and reptile species, 28 mammal species, and 20 fish species.
(704) 694-4424
http://peedee.fws.gov

Piedmont Environmental Center, High Point.
Hiking trails, educational programs and N.C. Mapscape.
(336) 883-8531

Pilot Mountain State Park, U.S. 52, northwest of Winston-Salem.
The area's most distinctive geologic attraction, includes hiking trails.
(336) 325-2355
www.ils.unc.edu/parkproject/visit/pimo/home.html

Pisgah Covered Bridge, south of Asheboro.
One of only two remaining in state, also includes walking trail, picnic tables.
(336) 626-0364

Reed Gold Mine, N.C. 24/27, Stanfield.
First documented gold mine in the United States. Mine tours, restored stamp mill, museum and seasonal gold panning.
(704) 721-4653
www.reedmine.com

Reynolda Gardens, Winston-Salem.
4 acres of formal gardens, a greenhouse range and 125 acres of fields and woodlands.
(336) 725-5325
www.wfu.edu/gardens

Rock Creek Park, Albemarle.
(704) 984-9560

Salisbury City Park.
Includes lighted tennis courts, picnic shelters, lake.
(704) 638-5291
www.salisburync.gov/pkrec

Salisbury Community Park and Athletic Complex, Salisbury.
Offers soccer and ball fields, walking trails, lake picnic area, playground.
(704) 638-5291
www.salisburync.gov/pkrec

Sloan Park, Mt. Ulla.
93-acre natural area park with historic tree trail, picnic shelters, restored grist mill.
(704) 637-7776
www.co.rowan.nc.us/parks/sloan

Stone Mountain State Park, Traphill.
Camping, fishing, picnicking, rock climbing, and trails.
(336) 957-8185
www.ils.unc.edu/parkproject/visit/stmo/home.html

Tanglewood Park, Clemmons.
1,300-acre park featuring gardens, golf, tennis, picnicking, playgrounds, bike trails, fishing, and horseback riding.
(336) 778-6300
www.tanglewoodpark.org

Tannenbaum Historic Park, Greensboro.
Features restored Revolutionary War house.
(336) 545-5315
www.ci.greensboro.nc.us/leisure/tannenbaum

UNC-Charlotte Botanical Gardens.
Featuring a 7-acre woodland garden showcasing native plants of the Carolinas.
(704) 687-2870
http://gardens.uncc.edu/visiting.htm

Uwharrie Lakes Region
Scenic byways.
(704) 422-3215

Uwharrie National Forest/Birkhead Wilderness Area.
Ancient mountains include Badin Lake, hiking/biking/horse trails, camping.
(910) 576-6391
www.cs.unca.edu/nfsnc

Wing Haven Gardens and Bird Sanctuary, Charlotte.
3-acre public garden and bird sanctuary in the heart of a residential neighborhood
(704) 331-0664
www.winghavengardens.com

Yadkin-Pee Dee River Trail.
233-miles Class I canoe trail.
(704) 422-3215

North Carolina Division of Tourism, Film and Sports Development

Mountain biking.

For more information local travel resources

Anson County (Wadesboro).
(704) 694-4181
www.ansoncounty.org

Archdale-Trinity Chamber.
(336) 434-2073
www.archdaletrinitychamber.com

Asheboro/Randolph Chamber.
(336) 626-2626
http://chamber.asheboro.com

Asheboro/Randolph County Tourism.
(336) 626-0364
www.visitrandolph.org

Belmont.
(704) 825-5307

Bessemer City Area.
(704) 629-3900
www.bessemercity.com

Cabarrus County CVB.
(800) 848-3740
www.cabarruscvb.com

Charlotte Chamber.
(704) 378-1300
www.charlottechamber.org

Charlotte CVB.
(800) 722-1994
www.charlottecvb.org

Cherryville Chamber.
(704) 435-3451
www.cherryville.com

Concord-Cabarrus County.
(800) 848-3740

Davidson County.
www.davidsoncountync.com

Davie County Chamber.
(336) 751-3304
www.daviecounty.com

Denton Area Chamber.
(336) 859-5922

Eden.
(336) 623-3336

Elkin-Jonesville Chamber.
(336) 526-1111
www.ejachamber.com

Gaston County Chamber.
(704) 864-2621
www.gastonchamber.com

Gaston County Travel & Tourism.
(800) 849-9994
www.gastontourism.com

Greater Mount Airy.
(800) 576-0231
www.visitmayberry.com

Greensboro Area Chamber
(336) 275-8675
www.greensboro.org

Greensboro Area Convention and Visitors Bureau.
(800) 344-2282/(336) 274-2282
www.visitgreensboro.com

High Point Chamber.
(336) 889-8151
www.highpointchamber.org

High Point Convention and Visitors Bureau.
(800) 720-5255/(336) 884-5255
www.highpoint.org

Kannapolis-Cabarrus County.
(800) 848-3740

Kernersville Chamber.
(336) 993-4521
www.kernersvillenc.com

King Chamber.
(336) 983-9308
www.kingnc.com

Lake Norman Chamber (North Mecklenburg).
(704) 892-1922
www.lakenorman.org

Lexington Tourism Authority.
(866) 604-2389/(336) 236-4218
www.visitlexingtonnc.com

Liberty Chamber.
(336) 622-4937

Marshville.
(704) 624-3183

Matthews Chamber.
(704) 847-3649
www.matthewschamber.com

Mint Hill.
(704) 545-9726
www.minthill.com

Monroe Tourism & Visitors Bureau (Union County)
(704) 225-1085
www.visitmonroenc.org

Piedmont Triad Visitor Center.
(800) 388-9830/(336) 388-9830
www.ptvc@ctc.net

Reidsville.
(336) 349-8481

Rowan County Chamber.
(704) 633-4221

Rowan County CVB.
(800) 332-2343/(704) 638-3100
www.visitsalisburync.com

Stanly County Chamber.
(704) 982-8116
www.stanlychamber.org

Stanly County CVB.
(800) 650-1476/(704) 986-2583
www.stanlycvb.com

Thomasville Area.
(336) 475-6134/(800) 611-9907

Thomasville Visitors' Center.
(336) 472-4422/(800) 611-9907
www.thomasvilletourism.com

Union County Chamber.
(704) 289-4567
www.unioncountycoc.com

Western Rockingham Chamber.
(336) 548-6248
www.westernrockinghamchamber.com

Winston-Salem CVB.
(800) 331-7018/(336) 728-4200
www.visitwinstonsalem.com

Winston-Salem Visitor Center.
(800) 331-7018/(336) 777-3796

Yadkin County Chamber.
(336) 679-2200
www.yadkinchamber.org

Yadkin-Pee Dee Lakes Project.
(704) 422-3215
www.lakesproject.org

Jeff Cravotta Photography

Wing Haven Gardens & Bird Sanctuary in Charlotte.

Mountains

The real great outdoors of North Carolina are these mountains, rivers and hollows. The Indians of the foothills were the Catawba ("people of the river banks"). The Cherokee in the southern highlands called part of the area Nantahala or "sun in the middle," referring to regions deep in mountain gorges warmed only at midday but glowing inside all the while. You can sense the ancient legends and traditions that prevail here.

Asheville Convention & Visitors Bureau

Craggy Gardens off the Blue Ridge Parkway near Asheville.

As pioneers moved westward, the mountains slowed them down—these are the highest mountains in the East—and so many of them stayed. Later, people came for the healthful effects of mountain springs, broad lakes and rivers, flowering grasslands and magnificent mountain views. It all inspired a national park called the Blue Ridge Parkway, solely for driving and gazing.

Widescale, fast-paced development is not the norm here, as though the size of the surroundings has a humbling effect on people. And the Cherokee Indian Reservation holds the exotic allure of another country altogether. Nature also has inspired the handcrafts and music. You have to see this place and touch it to believe it.

What's outside

1919 Herschell-Spillman Carrousel at City Park, Shelby.
A fully restored, operational carrousel with music provided by an antique band organ. At Shelby City Park.
(704) 487-8521
www.clevelandchamber.org

Andrews Geyser, Old Fort.
Monument and picnic area in historic railway town.
(828) 668-7223

Appalachian Trail.
Crosses Graham County for 28 miles, from Nantahala River to across Fontana Dam; over 200 miles of additional National Forest hiking trails, 38 miles in Tsali recreation area. Open to hikers, mountain bikes, and horses.
(828) 479-6431/(828) 693-8258/(304) 535-6331
www.appalachiantrail.org

Asheville Area Recreation.
Outdoor activities from soft adventure to hikes through the Blue Ridge Mountains, with four entry points to the Blue Ridge Parkway.
(888) 247-9811
www.exploreasheville.com/outdoor.htm

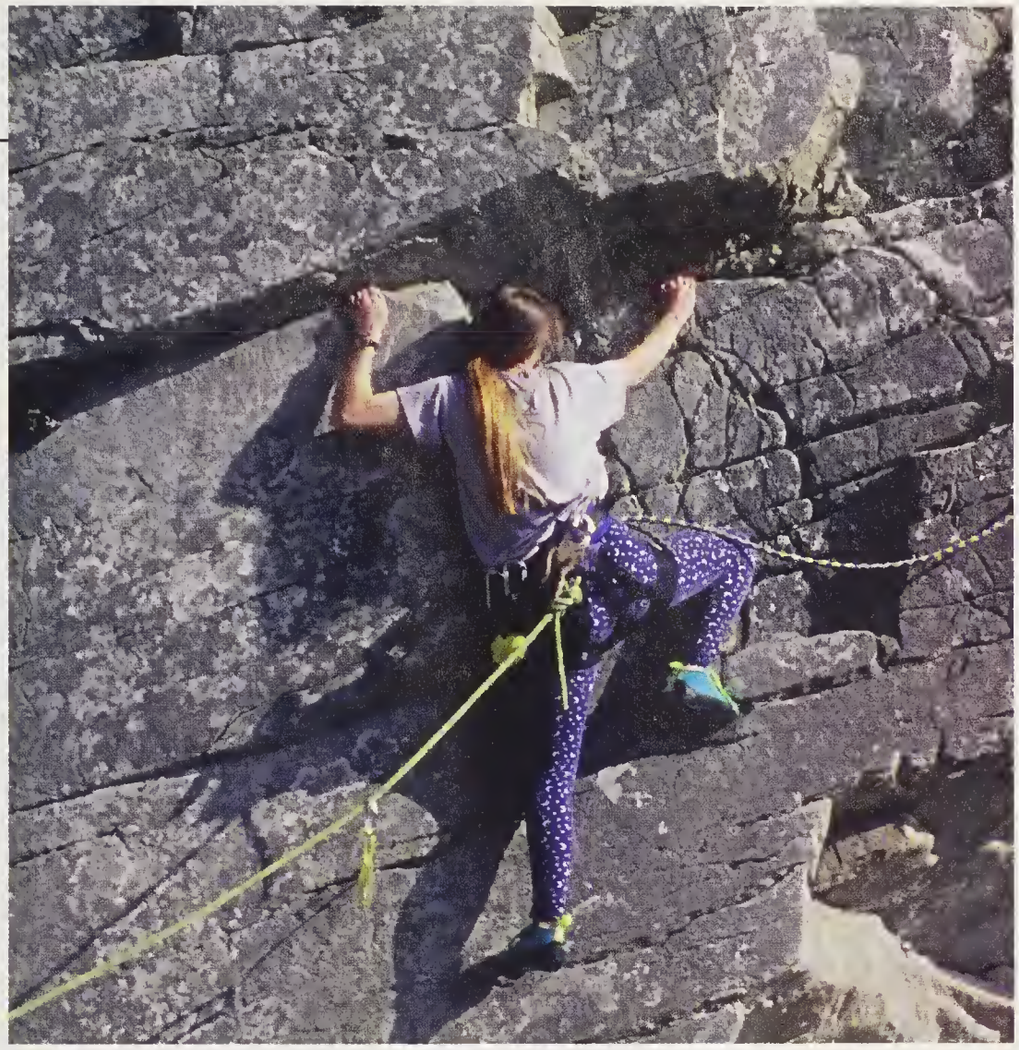
Asheville Urban Trail.
A 1.7-mile walking tour of Asheville.
(828) 258-0710
www.ashevillearts.com

Battle of Ramsour's Mill Grounds, Lincolnton.
Gravestone memorial for Revolutionary War battle.
(704) 736-8442

Biltmore Estate, near Asheville.
America's largest home built for George W. Vanderbilt in 1895 with 250-rooms, 8,000-acre grounds, vineyard and winery.
(800) 295-4730
www.biltmore.com

Blue Ridge Parkway.
469-mile parkway connecting Shenadoah and Great Smoky Mountains National Parks, with spectacular views, overlooks, picnic areas and trailheads.
(828) 271-4779
www.nps.gov/blri
www.blueridgeparkway.org

Todd Bush



Rock climbing in Boone.

Botanical Gardens, Asheville.
10-acre garden of Southern Appalachian native plants.
(828) 252-5190
www.ashevillebotanicalgardens.org

Bottomless Pools, Lake Lure.
Three pools with waterfalls in natural area in Hickory Nut Gorge.
(828) 625-8324

Boyd Park, Hendersonville.
Offers tennis courts, miniature golf.

Bradley Falls/Little Bradley Falls.
I-26 Saluda exit 59.
(800) 440-7848
www.nc-mountains.org

Broad River Greenway, Boiling Springs.
Recreational water activities, hiking, bicycling and horse trails.
(704) 434-2357
www.broadrivergreenway.com

Brown Mountain Lights, Overlook on Hwy. 181 N, Morganton.
Mysterious lights visible on clear nights.
(828) 433-6793/(888) 462-2921

Bullington Horticultural Center, Hendersonville.
Includes native, imported and rare plants. House, greenhouse, gardens, walking trails. 13 acres.
(828) 698-6104

Bunker Hill Covered Bridge. Claremont.
One of two in N.C. The bridge on U.S. Hwy 70 spans 85 feet across Lyles Creek.
(828) 465-0383

Canton Recreation Park, Pigeon River.
Scenic walking trail, playground, swimming pool.
(828) 646-3411

Carl Sandburg Home, Flat Rock.
National Historic site on 240-acre farm complex. Includes five miles of hiking trails, small lakes, ponds, flower and vegetable gardens, apple orchard.
(828) 693-4178
www.nps.gov/carl

Carolina Hemlocks, near Burnsville.
Offers swimming, fishing, hiking, camping, picnic areas. Includes Black Mountain Campground.
(704) 682-6146

Cataloochee Valley, Haywood County.
Area of Great Smoky Mountains National Park, home to reintroduced elk population.
(800) 334-9036

Cherohala Skyway.
Scenic Highway, 41 miles long, from Robbinsville, N.C., to Tellico Plains, Tenn., through the Unicoi Mountains; highest elevation at 5,390 ft.
(828) 479-6431/800-470-3790
www.grahamcountytravel.com

Chimney Rock Park, near Bat Cave.
View of Lake Lure, Blue Ridge Mountains and 404-foot waterfall, plus recreation areas, special kids trail, native plant nursery.
(800) 277-9611
www.chimneyrockpark.com

Clay County Recreation Park.
Includes trail to Chatuge Dam.
(828) 389-3532

Craggy Gardens, in Buncombe County.
Off Blue Ridge Parkway, offers hiking trails, picnic sites and a visitor center, also includes a 1.5-mile roundtrip hike with 360-degree views of N.C. and Tenn. mountains.
(828) 298-0398

Crowder's Mountain State Park, Kings Mountain.
Includes campground, backcountry camping, rock climbing, hiking, lake fishing.
(704) 867-1181
www.ils.unc.edu/parkproject/visit/crmo/home.html

Cumberland Knob, Upper Alleghany County on the Blue Ridge Parkway.
1,000 acres, 2,740-foot-high area that offers hiking, fishing, birding.
(800) 372-5473

Daniel Boone Native Gardens, Boone.
Native plants collection for education and preservation.
(828) 264-6390

Discover Carolina Upcountry.
Regional information, including how to access 30 falls.
www.theupcountry.com

Doughton Park, Near Sparta on the Blue Ridge Parkway.
7,000 acres 3,700 feet up. Offers trails, pioneer cabins, wildlife viewing.
(800) 372-5473

Dupont State Forest.
More than 10,000 acres of forest, trails and waterfalls located in Henderson and Transylvania counties.
(828) 877-6527
www.dupontforest.com

Avery-Banner Elk Chamber of Commerce

Avery County is home to three major ski resorts—Beech, Sugar and Hawksnest.

Elk Knob, north Watauga County
A 1,237-acre State Natural Area at the headwaters of New River's North Fork, off N.C. 194 northeast of Boone.
(919) 733-7275

Field of the Wood Scenic Bible Park, Murphy.
200-acre spiritual retreat. World's largest Ten Commandments displayed on a mountain.
(828) 494-7855

Fires Creek Wildlife Management Area, Clay County.
Picnic areas, hiking, backpacking, camping, horseback riding through Nantahala Forest, hunting, fishing, waterfalls.
(828) 389-3704

Fish and Game Management.
(828) 497-5201

Fontana Lake & Fontana Dam.
Fontana Dam, 480 ft. high, is highest concrete dam east of the Rocky Mountains.
www.westernncattractions.com/fontana.htm

Foothills Equestrian Nature Center, Tryon.
Nature programs, hiking and riding trails in 390-acre preserve.
(828) 859-9021
www.fence.org

Fort Defiance, Caldwell County.
Home of Gen William Lenoir family on site of a late 18th-century fort in Yadkin Valley.
(828) 726-0616

Fort Dobbs, Statesville.
Built during French and Indian War to protect settlers. Includes playground, nature trail.
(704) 873-5866
www.ah.dcr.state.nc.us/sections/hs/dobbs/dobbs.htm

Garden of the Senses.
Native, Japanese and Rose gardens. Especially nice for the sense-impaired. Braille identification signs. At Wilkes Community College.
(336) 838-6100
www.wilkesnc.org/tourism/Tour/merlegarden.htm

Glen Burney Trail, Blowing Rock.
1.5-mile hiking trail with two waterfalls.
(828) 295-7851

Grandfather Mountain, near Linville.
The highest peak in the Blue Ridge. Includes nature preserve, Mile High Swinging Bridge, native wildlife habitats, natural history museum, picnic areas and 12 miles of hiking trails.
(800) 468-7325
www.grandfather.com

Great Smoky Mountains National Park.
Half-million acres along Tennessee border. N.C. entrance at Cherokee. Three visitor centers.
Gatlinburg: (865) 436-1200
www.gsmnp.com
www.nps.gov/grsm

Green River Cove, Saluda.
Runs from Saluda to Lake Adger; swimming, tubing, kayaking and other outdoor activities.
(800) 440-7848
www.nc-mountains.org

Highlands Nature Center, Macon County.
(828) 526-2623

Historic Johnson Farm, Hendersonville.
A heritage education center and farm museum that includes boarding house, barn, 10 historic buildings, nature trails, fields, forests and streams.
(828) 891-6585
www.johnsonfarm.org

Holmes State Forest, southwest of Hendersonville.
Offers rugged terrain, rock outcroppings, scenic vistas, mixture of native flora, with picnic areas, trails, camping.
(828) 692-0100

Jack Rabbit Mountain Recreation Area, Clay County.
On a wooded peninsula of Lake Chatuge. Camping. Beach area. Nature trail.
(828) 837-5152

Jackson Park, Hendersonville.
Offers nature trail, bicycle/motocross (BMX) track, tennis courts, picnic shelters, softball and soccer fields.
(828) 697-4888

Joyce Kilmer Memorial Forest, Graham County.
2-mile hiking trail for novices. Stand of 100-foot-tall yellow poplars.
(828) 479-6431

Judaculla Rock, Cullowhee.
Huge boulder with unexplained Indian hieroglyphics.
(800) 962-1911.

Julian Price Park, Blue Ridge Parkway, MP 297.
Includes Price Lake campground, hiking, picnic area, canoeing
(828) 298-0398

Jump Off Rock, Hendersonville.
The overlook at end of Laurel Park Highway offers panoramic view of the Blue Ridge and Pisgah Mountains.
(800) 828-4244
www.historichendersonville.org

Kings Mountain National Military Park, Entrance in Cleveland County.
Where the battle that marked the end of the Revolutionary War was fought.
(864) 936-7921
www.nps.gov/kimo/

Kings Mountain State Park.
6883 acres with camping, bridle trails, hiking, fishing, swimming.
(803) 222-3209

Lake James State Park, Nebo.
A 6,510-acre lake with more than 150 miles of shoreline. Offers boating, swimming, fishing, hiking, picnic areas, backpack campsites.
(828) 652-5047
www.ils.unc.edu/parkproject/visit/laja/home.html

Lake Junaluska Conference & Retreat Center.
Shuffleboard, paddleboats, canoes, swimming pool, playground, Internet café.
(800) 577-7812
www.lakejunaluska.com

Lake Norman State Park, Lake Norman.
On largest manmade lake in state, park has its own 33-acre lake. Boating, picnic areas, intepretative programs, campgrounds.
(704) 528-6350
www.ils.unc.edu/parkproject/visit/lano/home.html

Land of the Waterfalls, Brevard/Transylvania County.
Includes Whitewater Falls, highest in eastern U.S.
(800) 648-4523
www.cs.unca.edu/nfsnc/recreation/wncwaterfalls/whitewaterfalls.htm

Linville Caverns, Between Linville and Marion.
Massive limestone caves located at base of Humpback Mountain. Discovered in 1800s, the site includes underground stream and "bottomless" pool.
(828) 756-4171
www.linvillecaverns.com

Linville Gorge.
Wilderness area in Pisgah National Forest offers fishing, hunting, backpacking, hiking camping. Has been refered to as the "Grand Canyon" of North Carolina.
(828) 652-2144
http://ncnatural.com/Resources/Adventure/Gorge/Linville-Gorge.html

Marcia H. Cloninger Rail Trail, downtown Lincolnton.
Lighted and landscaped walking trail winds through downtown Lincolnton.
(704) 736-8980

Martin Luther King Jr. Park, Asheville.
Located downtown. Ballfield, playground, picnicking.
(828) 252-3250

Moses Cone Estate, Blowing Rock.
At Blue Ridge Parkway MP 292. 3,500-acre estate with carriage trails for horses and walking. Includes Flat Top Manor, Parkway Craft Center.
(828) 295-7938

Kim Jochl

Junior Mountain Bike Racing in Boone.

Whitewater rafting.

Moss Lake, Kings Mountain.
Water sports, fishing.
(704) 482-7926

Mount Jefferson State Park, Ashe County.
Rhododendron trail, education programs, hiking. Located at an altitude of more than 1,600 feet.
(336) 246-9653
www.ils.unc.edu/parkproject/visit/moje/home.html

Mt. Mitchell State Park, Yancey County.
The highest peak in the East. 1,855-acre park offers various hiking trails to the peak.
(828) 675-4611
www.ils.unc.edu/parkproject/visit/momi/home.html

Nantahala Rafting.
For whitewater excursions:
Brookside Rafting/Campground
(800) 848-7238
Carolina Outfitters
(800) GOT-RAFT
Nantahala Outdoors
(800) 232-7238
Nantahala Rafts
(800) 245-4811
Rolling Thunder River
(800) 344-5838
Wildwater
(800) 451-9972
Nantahala Outdoor Center
(888) 662-1662
www.noc.com

Nantahala National Forest.
1.36 million acres, est. 1911.
(828) 526-3765
www.cs.unca.edu/nfsnc

NC Mountains-To-Sea Trail.
900-plus mile trail.
(828) 456-3042

New River State Park, Ashe County.
More than 1,500 acres of camping, canoeing, fishing, picnic areas.
(336) 982-2587
www.ils.unc.edu/parkproject/visit/neri/home.html

Oconaluftee Indian Village, Cherokee.
Re-creation of late 18th century Cherokee village, surrounded by botanical gardens.
(828) 497-2315

Old Pressley Sapphire Mine, Canton.
Where world's largest blue sapphire was found. Search for sapphires and other gems.
(877) 903-4754
www.oldpressleymine.com

Overmountain Victory Trail.
Historic trail from Virginia to South Carolina, with center near Quaker Meadows in Morganton.
(888) 233-6111
www.ovta.org

Pacolet River Scenic Byway.
Scenic drive on Highway 176 from Tryon to historic Saluda.
(800) 440-7848
www.nc-mountains.org

Patience Mullendore Park, Burnsville.
Swimming, camping, fishing.
(828) 675-5104

Patton Park, Hendersonville.
Offers walking trail, baseball fields, basketball and racquetball courts, Olympic-size swimming pool.
(800) 828-4222

Pearson's Falls.
90-foot waterfall near Saluda.
(800) 440-7848
www.nc-mountains.org

Pisgah National Forest.
Includes trails, picnic and camping areas in 6,400-acre forest.
(828) 877-3265/(828) 257-4200
www.nps.gov/blri/pisgah.htm
www.cs.unca.edu/nfsnc

Ray Cort Park, Burnsville.
Offers walking trail, swimming, picnic areas, playground.
(828) 682-3814

Rendezvous State Forest, Western Wilkes County.
Offers talking tree trail, ecology and logging history exhibits, picnic area.
(336) 667-5072

Saluda Grade, between Saluda and Tryon.
Steepest standard gauge mainline railroad grade in U.S. Adjacent Hwy. 176 is a state Bicycle Highway.
(800) 440-7848
www.nc-mountains.org

Santeetlah Lake.
Surrounded by the Cheoah District of the Nantahala National Forest. Fishing and primitive camping.
(800) 479-3790
www.grahamcountytravel.com

Scenic Byway, Wilkesboro.
Historic sites, scenic drive.
(336) 838-8662

Sliding Rock, north of Brevard.
Off US 276. 60-foot slippery cascade to a 6-foot deep pool.
(828) 877-3265

South Mountain State Park, Burke County.
Mountain biking, backpacking, fishing, and High Shoals Falls.
(828) 433-6793
www.ils.unc.edu/parkproject/visit/somo/home.html

Stone Mountain State Park, Northeast Wilkes County.
13,000 acres graced by 600-foot granite dome offers mountain views, waterfalls, bridle trails, camping.
(336) 957-8185

Tail of The Dragon, Hwy 129 North of Graham County into Tenn.
One of the most challenging places in the USA to test your skills on a motorcycle: 318 turns in 11 miles.
(800) 768-7129
www.tailofthedragon.com

The Blowing Rock, off U.S. 321, Watauga County
A cliff 4,000 feet above sea level offers viewing area.
(828) 295-7111
www.blowingrock.com

The Kellogg Center, The Center for Craft, Creativity and Design, Hendersonville.
Includes small gallery and nature/sculpture trail. A one-mile nature trail includes three eco-systems: wildflowers, wetlands and hardwoods.
(828) 890-2050

Thermal Belt Rail-Trail, Rutherford County.
Eight miles of walking trails.
(800) 849-5998

Toms Park, Hendersonville.
Includes 27 shuffleboard courts.
(828) 697-3016

Trail of Faith, Valdese.
Waldensian heritage portrayed through 15 monuments and buildings. Guided tour, gift shop.
(828) 874-1893/(800) 635-4778

Tuckasegee River, Jackson County.
For whitewater excursions with children.
Blue Ridge Outing Company (800) 572-3510
Tuckasegee Outfitters (800) 539-5683

W. Kerr Scott Dam & Reservoir, Wilkes County.
Offers camping, hiking, fishing, boating, swimming.
(336) 921-3390
www.gorp.com/gorp/resource/us_nra/ace/nc_wkerr.htm

Waynesville Recreational Center.
Pools, water park, basketball, gym, racquetball, playground, indoor/outdoor track.
(828) 456-2030
www.townofwaynesville.org/WaynesvilleRecreationalCenter.htm

Western North Carolina Nature Center, Asheville.
40 acres of animals and plants in natural habitat.
(828) 298-5600
www.wildwnc.org

Wild River Country.
Private cooperative of rafting companies in the Southeast.
(800) 440-7238

At 5,964 feet, Grandfather Mountain is the highest peak in the Blue Ridge mountain range.

For more information local travel resources

Alexander County.
(828) 632-8141

Alleghany County Chamber.
(800) 372-5473
www.sparta-nc.com

Andrews Chamber.
(828) 321-3584
www.grove.net/~andrewschamber

Ashe County Chamber.
(888) 343-2743
www.ashechamber.com

Asheville CVB.
(800) 280-0005
www.exploreasheville.com

Avery/Banner Elk.
(800) 972-2183
www.balconyoftheblueridge.com

Beech Mountain Chamber.
(800) 468-5506
www.beechmtn.com

Black Mountain.
(800) 669-2301
www.exploreblackmountain.com

Blowing Rock.
(828) 295-7851
www.blowingrock.com

Blue Ridge Parkway.
469-mile scenic highway.
(828) 298-0398
www.blueridgeparkway.org

Boone CVB.
(800) 852-9506
www.visitboonenc.com

Brevard/Transylvania County Tourism.
(800) 648-4523
www.visitwaterfalls.com

Brevard-Transylvania Chamber.
(828) 883-3700

Burke County Travel & Tourism, Morganton.
(828) 433-6793/(888) 462-2921

Caldwell County.
(828) 726-0616

Canton Papertown Association.
(828) 646-3412
www.cantonpapertown.com

Cashiers Area.
(828) 743-5191
www.cashiersnorthcarolina.com

Catawba County.
(828) 328-6111

Cherokee Chamber.
(800) 438-1601/(828) 497-9195

Cherokee County.
(828) 837-2242
www.cherokeecountychamber.com

Cherokee Indian Reservation.
(800) 438-1601
www.cherokee-nc.com/main.htm

Clay County Chamber.
(828) 389-3704
www.claycounty-nc-chamber.com

Cleveland County Chamber.
(704) 487-8521
www.clevelandcounty.com
www.clevelandchamber.org

Dillsboro Merchants Assn.
(800) 962-1911

Franklin Chamber.
(800) 336-7829/(828) 524-3161
www.franklin-chamber.com

Glendale Springs (Ashe County).
(800) 342-2743
www.glendalesprings.com

Graham County Travel & Tourism.
(828) 479-3790/(800) 470-3790
www.grahamcountytravel.com

Greater Hendersonville Chamber.
(828) 692-1413
www.hendersonvillechamber.org

Haywood County Chamber.
(828) 456-3021/(877) 456-3073
www.haywood-nc.com

Haywood County/Maggie Valley/Waynesville.
Gateway to the Smokies.
(800) 334-9036/(828) 452-0152
www.smokeymountains.net

Henderson County Travel & Tourism.
(800) 828-4244
www.historichendersonville.org

Hickory Metro CVB.
(800) 509-7444/(828) 322-1335
www.hickorymetro.com

Hickory Nut Gorge.
(828) 625-2725

High Country Host.
Travel and accommodations information.
(800) 438-7500
www.mountainsofnc.com

Highlands Chamber.
(828) 526-2112
www.highlandschamber.org

Jackson County Travel & Tourism.
(800) 962-1911/(828) 586-2155
www.mountainlovers.com

Kings Mountain-Branch of Cleveland County Chamber.
(704) 739-4755

Lincolnton-Lincoln County.
(704) 735-3096
www.lincolnchambernc.org

Madison County.
(877) 262-3476/(828) 680-9031
www.visitmadisoncounty.com

Maggie Valley Area CVB.
(800) 624-4431/(828) 926-1686
www.maggievalley.org

McDowell Chamber.
(828) 652-4240

McDowell Tourism Development Authority, Marion.
(888) 233-6111/(828) 652-1103
www.mountaintreasures.net

Mitchell County Chamber, Spruce Pine.
(828) 765-9483/(800) 227-3912.
www.mitchell-county.com

Mooresville CVB.
(704) 799-2400/(877) 661-1234
www.racecityusa.org
www.mooresvillenc.org

Mountain Information Centers, Asheville.
(828) 654-8822

Mountain Information Centers.
(828) 258-4662

Mountain Information Centers.
(828) 258-4662

N.C. Welcome Center.
(I-40 West).
(828) 627-6206

North Wilkesboro.
(336) 667-7129
www.north-wilkesboro.com

Old Fort Chamber.
(828) 668-7223/(888) 233-6111
www.oldfort.org

Polk County Chamber.
(828) 859-6236
www.polkchamber.org

Polk County Visitors Center, Tryon.
(800) 440-7848
www.nc-mountains.org

Rutherford County Chamber.
(828) 287-3090

Rutherford County Tourism Development.
(800) 849-5998/(828) 245-1492
www.rutherfordtourism.com

Statesville CVB.
(877) 531-1819/(704) 878-3480
www.visitstatesville.org

Smoky Mountain Host.
Guide to attractions, accommodations.
(800) 432-4678
www.visitsmokies.org

Swain County.
(800) 867-9246/(828) 488-3681
www.greatsmokies.com

Wilkes County Chamber.
(336) 838-8662
www.wilkesnc.org

Wilkesboro.
(336) 838-3951
www.wilkesboronc.com

Yancey County-Burnsville Chamber.
(828) 682-7413/(800) 948-1632
www.yanceychamber.com

While others sleep, Rosa turns on the bakery oven and starts her day.

Some of us rise early, while others work the nightshift. But no matter what you do, your locally owned and operated electric co-op is there. Day or night. Giving customers the energy to turn on the "open for business" signs, and the power to achieve their dreams.

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CC04/05

Sample Monthly Rates per 1,000*

Issue Age	Male	Female
5	$ .55	$ .55
15	$ .55	$ .59
35	$ 1.08	$ 1.30
55	$ 2.53	$ 3.20
65	$ 4.14	$ 5.36
75	$ 7.64	$10.23
85	$16.52	$19.77

*DOES NOT INCLUDE POLICY FEE, MINIMUMS APPLY – SMOKER AND NON-SMOKER

*Not affiliated with or endorsed by any government agency